

T H E
Queens
C L O S E T
O P E N E D :

Incomparable SECRETS in
Physick, Chyrurgery, Prefer-
ving and Candyng, &c.

Which were presented unto the
QUEEN

By the most Experienced Persons of the
Times, many whereof were had in
esteem, when she pleased to descend
to private Recreations.

Corrected and reviewed, with many Additions:
together with three exact Tables.

Vivit post funera Virtus.

L O N D O N,
Printed by J. G. for Nath. Brook, at the
Angel in Cornhill, 1663.





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& at her Court &
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Queen's closet 6/04/12

27th edn AHH 61

This edn not in library
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By W H

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26th edn

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RB23 a. 9303



TO THE
Ingenious and Courteous
R E A D E R.

Reader,

IT being at first the general good which caused us to publish this useful and compleat Piece, we could not chuse but for the same end gve it a new Birth; especially when we heard that we had so well attain'd what we sought, in regard of the Benefit which so many have receiv'd from these, which we shall now rather call

A3

Expe-

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Expe-

To the Reader.

Experiments then Receipts, contained therein. In short, we may say that it hath had a generall Reception, travelling up and down the Kingdoms, and like the good Samaritane giving comfort to all it met; neither have we known of any that have bought it, who have not testified their high Esteem thereof. And indeed how should it otherwise be, knowing out of what Elaboratories it was produced? Nor is it without its variety, here preserving the Fruits of the Earth with such a curious neatnesse, as if it would shew, that though Summer gave those pleasant Fruits, yet that Art is able to make Winter richer then her self. : or if this will not please, teaching you to furnish the Tables of Princes, with such a Grandezza as befits them. But as for the Physicall Part, what can be more noble then that which gives the rich such an oppor-

To the Reader.

opportunity of spending upon good works, while they succour the poor, and give comfort to them in their greatest distresses. If we have given it too narrow a praise, for too large an Encomium, I am sure we cannot attribute to it, considering its true value; it is not what we intended, though we are glad to see its own high deserts, carrying it so much above the reach of a more than common repute. 'Tis true there may be some faults, and those may justly cause us to be blamed: but now we hope your Ingenuity will the rather forgive us and them, and with more diligence seek to amend what is amiss, if not for our sakes, yet out of Charity to a Work which is so charitable to your selves.

Farewell,

W. M.



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Approvers of most of
these rare Receipts,
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are in several Pages of
this Book inserted and
annexed to their own
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THE
QUEENS CABINET
OPENED:

OR,
The Pearle of Pradice.

Accurate, Physicall, and Chy-
rurgical Receipts.

*Doctor Butler's Preservative against
the Plague.*



Take Wood sorrel, and pick
it from the stalk, and
pound it very well in a
stone Mortar; then take
to every pound of beaten
Sorrel a pound of Sugar finely beaten,
and two ounces of Mithridate, beat them
very well together, and put them in pots
for your use, take every morning before
C and

and after the Infection for some time together of this Conserve, as much as a Walnut.

Dr. Butlers Cordial Water.

Take Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and still these severally in a Rose-still, and when you have a pint of the water of every of these sorts of Herbs, then mingle all these together very well, and dissolve in it half a pound of Venice treacle, then still all these together, and mingle the stronger water with the small, six spoonfuls of this water, made bloud-warm, given to one sick of the Plague, driveth all venom from the heart. It is excellent, so used, for the Small Pox, or for any Pestilent Feaver.

Dr. Butlers purging Ale.

Take of Sarsaparilla two ounces, of Polypody of the Oake, and Sena, of each four ounces, Caroway-seed, and Ani-seed, of each half an ounce, Liquorish two ounces, Maidenhair and Agrimony, of each one little handful, Scurvey half a bushel; beat all these grossly, and put them into a course Canvass bag, and

and hang it into three gallons of strong Ale; when it is three dayes old drink it.

*Dr. Giffords Amber Pills for a
Consumption.*

Take of Venice Turpentine one ounce washed, and six graines of the powder of white Amber, mixe them together, and set them in a clean pot upon embers, and let it not stand too hot; to try whether it be enough, take a drop, and let it cool; if after it is cold it be stiffe, and will not cleave to the finger, it is enough: then take of the powders of Pearl, White Amber, and Coral, of each a quantity, as a quarter of an ounce, of the inner bark of an Oak a quarter of an ounce, of Cinamon and Nutmegs of each as much, and three ounces of hard white Sugar; make all these into a powder, and seeth them, and put the pills into them; before you take them, you must be well purged, after which you must take three of the aforesaid Pills wrapped up in the powder, what else you will, and in the morning take the yolk of a new laid Egge warmed a little, and put into it as much of the powder as will lie on a shilling,

and sup it off ; let this be used some time together, and there will be great benefit found by it.

To comfort the Heart and Spirits, and to suppress Melancholly.

Take of the juyce of Borage and Buglosse, of each one pint and a half, juyce of Pippins, or Queen Apples one pint, juyce of Balm half a pint, clarifie them, then take Chochenel made into powder four drams ; infuse it in the said juyces being cold in an earthen pan for two dayes, stirring it often, then strain it, and wih four pound of powder Sugar, (or two pound if you mean not to keep it long) boyl it to a syrup, then take it off, and when it is almost cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four scruples. Take thereof a spoonful or two for many mornings together, and when you awake in the night, if there be cause ; you may also adde to some part of it Saffron to make it more cordial, by putting some powder of Saffron in a linnen clout tied up, and so milking it out into the syrup, let the substance there-

thereof remain in the cloth, and take thereof sometimes. *Approved.*

A Cordial Electuary for stuffing of the stomach, or shortness of breath.

Take a pint of the best Honey, set it on the fire and scum it clean, then put to a bundle of hyssop bruised small before you tie it up; let it boil well, till the Honey taste of the hyssop; then strain out the Honey very hard, and put to it the powder of Angelica root, the weight of six pence, powder of Elicampane root the weight of six pence, Ginger and Pepper, of each the weight of two pence, Liquorish and Anniseed of each the weight of eight pence, all beaten very small severally: put all these into the strained Honey, and let them boil a little space, stirring them well together all the time, then take them from the fire, and pour all into a cleangally-pot, stirring it alwayes till it be through cold; and keep it close covered for your use. When any are troubled with stuffing at the Stomach, or shortness of breath, let them take of this Electuary with a bruised Liquorish stick, and they

shall sensibly finde much good by it. This was Queen *Elizabeths* Electuary for these infirmities.

Mr. Covers Medicine for the Palsie.

Take a pint of the strongest mustard, set it in an Oven for two or three times, till it be as thick as a hasty pudding, the Oven must not be too hot to burn it: then set it on a chafing-dish of coals, till it be dry enough to make into powder. Take half an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugar-candy to your taste. Take of this every morning for ten dayes. *Approved.*

A Receipt to help Digestion.

Take two quarts of small Ale, put to it red mints one handful, as much of red Sage, a little Cinnamon; let it boyl softly till half be wasted; sweeten it with Sugar to your taste, and drink thereof a draught morning and evening.

A singular Cordial.

Take two ounces of dried red Gilly-flowers, and put them into a pottle of Sack, put to it three ounces of fine Sugar in powder, and half a scruple of Ambergreese in powder; put all these in a stone-bottle, stop it close with a strong cork, and shake it oft. After it hath stood ten dayes, pass it through a Jelly-bag, and give two or three spoonfuls of it for a great Cordial: this way you may also make Lavander-wine for the Palsie, and other diseases.

Dr. Bassa an Italian. An approved Receipt to break the Stone in the Kidneys.

In the moneth of *May* distill Cowdung, then take two live Hares, and strangle them in their blood, then take the one of them and put it into an earthen vessel or pot, and cover it well with a mortar made of horse-dung and hay, and bake it in an Oven with household-bread, and let it still in an Oven two or three dayes, baking anew with any thing, untill the Hare be baked or dried to powder,

der; then beat it well, and keep it for your use. The other Hare you must flea, and take out the guts onely; then distill all the rest, and keep this water: then take at the new and full of the Moon, or any other time, three mornings together as much of this powder as will lie on six pence, with two spoonfuls of each water; and it will break any Stone in the Kidneys.

Dr. Basse. Remedy for a bloody Urine, or to break a Stone in the Bladder.

Take the distilled water of Saxifrage, Coriander, Parsley, and cod of broom when they be green, the berries of white Thorn, stilled when they be ripe; they must be stamped stones and all, and then distilled: the green hulls of Walnuts when they be ripe stilled, Rayfins of the sun stilled; every one of these waters must be stilled by its self. Then take an equal quantity of each, as a pint of *Aqua Spiritu*; put them all together, and still them in an ordinary still, or in *B.* after scum the water nine or ten dayes: and take of this water for ten or fifteen dayes, five or six spoonfuls.

fuls a time in the morning fasting, and use to take it after a day or two once in a moneth.

Syrup of Turnips.

First bake the Turnips in a pot with household-bread, then press out the Liqueur between two platters; put a pint of this liqueur to half a pint of Hyssop water, and as much brown Sugarcandy as will sweeten it; and boil it to the consistence of a Syrup. It is very good for a Cold or Consumption.

Syrup of Citron Peels.

Take the outermost fresh Peels of Citrons cut in small pieces, and pour on them two quarts of water, then wring it through a cloth; put to the liqueur one pound of powder sugar, boil it to a Syrup, and when it is sodden, put four grains of Musk to it, dissolved in Damask Rose water. This Syrup cooleth not. It defendeth from the Plague.

*A Cordial Syrup to cleanse the blood, open
Obstructions, prevent a Con-
sumption, &c.*

Take Rosemary flowers, Betony,
Clove-gilly-flowers, Borrage, Broom,
Cowslip flowers, Red-rose-leaves, Meli-
lot, Corffrey, Clarey, Pimpinell flow-
ers, of each two ounces, red Currans
four pounds: infuse all these into six
quarts of Claret Wine, put to it four-
teen pounds of ripe Elder berries, make
the VVine scalding hot, then put in the
Flowers, Currans, and Elder berries, co-
ver the pot, and paste it very close, set
it in a kettle of warm water to infuse
forty eight hours, till the vertue of the
ingredients be all drawn out, then presse
it out hard, and put to every pint of the
liquour one pound and three quarters of
powder Sugar, boil and scum it till
you finde the Syrup thick enough, when
it is cold bottle it, and keep it for your
use. Take two spoonfulls in a morning,
and so much in the afternoon, fasting two
hours after it.

A Medicine for a Dropsie, approved by the Lady Hobby, who was cured herself by it.

Take Carowayes, Smallage, Time, Hyſop, Watercreſſes, Penniroyal, Nettle-tops, Calamint, Elecampane-roots; of each one little handful, Horſe-radish two pounds, boil them in ſix quarts of running water, untill half be conſumed, then ſtrain it, boil it anew with a peckle of Canary-ſack, Liquoriſh twelve ounces, ſweet Fennel-ſeed one ounce bruised; and a quarter of an ounce of Cumin-ſeed bruised; boil all theſe above half an hour; then ſtrain it; and keep it for your uſe. Nine ſpoonfuls in the morning faſting, and as much at three or four a clock in the afternoon: uſe it for ſome time together. This the Lady *Hobby* proved by herſelf.

Dr. Adrian Gilberts moſt ſovereign Cordial water.

Take Spearmint, Broom-mint, Mother of Time, the bloſſom-tops of Garden-time, red Penniroyal, Scabious, Celandine, Wood-forrel, Wood-betony,

Ans

Angelica leaves and stalkes, set Wall leaves, Peony leaves, Egrimony, Tormentil, sweet Marjoram, red Sage, Rue, Rosolis, Angelica roots, Elecampany roots, set Wall roots, green Penitroyal, Comfrey blossoms and leaves, Juniper berries, of each a pound, Balm, Carduus Benedictus, Dragon, Feverfew, Wormwood, of each two pounds; steep all these in the lees of strong pure venient Claret wine for nine dayes, every day twice turning them to mingle them well in the Lees, then distill them in a Limbeck with a red clear head, with two pounds of shaved Harts-horn, and Ivory twelve ounces; draw as long of it as you may in severall pottle glasses: the first is accounted the best and uncompounded, and the perfectest against the Plague, spotted Feavers, small Pocks, ordinary Feavers, divers times experienced by my self, either to prevent, or in the time of these sicknesses. If you will compound it because the water hath an ill taste, then take the first gallon of the water, and mixe it with a pottle of the best Malaga sack, and put into them three pounds of Raisins *sols* stoned, Figs one pound and a half, the flowers of Clove-gilly-flow-
ers,

ers, Cowslips and Marigolds, blue Violets, of each two pounds, red Rose buds one pound, Ambergreese, Bezoar stone, clarified Sugar, Aniiseeds, Liquorish, and what else you please.

These are *Adrian Gilberts* Receipts, having had experience of them most constantly sure. The uncompounded water is the more excellent: and if in time of infection one take two spoonfulls of it in good Beer or white Wine, he may safely walk from danger by the leave of God. If any of the former diseases attach any person, then he must take four ounces of the first water, and mixe therewith either the syrups of Violets, Clove-gilly-flowers, or Angelica, as the disease is; one spoonful of the syrup is sufficient for four ounces of the water, so take it in three times.

For a swoln Face:

Take Oyl of Elder and Plantain-water, of each one ounce, beat them well together, untill they be exactly incorporated, and therewith anoint the tumefied place twice or thrice in a day, untill the swelling be chased away.

Cock

Cock-water for a Consumption.

Take a running Cock, pull him alive, then kill him, cut him abroad by the back, take out the entrails, and wipe him clean, then quarter him, and break his bones, then put him into a Rose-water-still, with a pottle of Sack, Currans, and Raisins solis stoned, and Figs sliced, of each one pound, Dates stoned and cut small half a pound, Rosemary-flowers, wilde Time, Spearmint, of each one handfull, Organs or wilde Marjoram, Bugloss, Pimpinell, of each two handfulls, and a bottle of new milk from a red cow. Distill these with a soft fire, put into the Receiver a quarter of a pound of brown Sugarcandy beaten small, four grains of Ambergreese, forty grains of prepared Pearl, and half a book of Leaf-gold cut very small; you must mingle the strong water with the small, and let the Patient take two spoonfulls of it in the morning, and as much at going to bed.

A precious Cordial for a sick body.

Take three spoonfulls of Mint-water,
and

and as much of Muscadine and Wormwood water, two or three spoonfulls of fine Sugar, and two or three drops of Cinnamon spirit; beat these well together with two or three spoonfulls of Clove-gilly-flowers spirit, and give the Patient now and then one spoonfull thereof; especially when he or she goeth to bed.

*Wormwood Cakes good for a cold Stomach,
and to help Digestion.*

Take pure searced Sugar two ounces, and wet it with the Spirit of Wormwood, then take a little Gum Tragacanth, and steep it all night in Rose water, then take some of this and the wet Sugar, and beat them together in an Alabaster Morter, till it come to a paste like dough, if you please put a little Musk to it, then make it up in little cakes of the breadth of a groat or three-pence; lay them upon plates, and dry them gently in an Oven, and keep them in a dry place for your use: and upon occasion hold one of them in your mouth to melt, and swallow the dissolved juyce thereof for the infirmities aforesaid.

To make water of Life.

Take Balm leaves and stalks, Burnet leaves and flowers, Rosemary, red Sage, Tarragon, Tormentil leaves, Rossolis, red Roses, Carnation, Hysop, Thyme, red strings that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handfull; bruise these hearbs and put them in a great earthen pot, and pour on them as much white wine as will cover them, stop them close, and let them steep for eight or nine dayes, then put to it Cinnamon, Ginger, Angelica seeds, Cloves and Nutmegs; of each one ounce, a little Saffron, Sugar one pound, Rayfins *Solis* stoned one pound, Dates stoned and sliced half a pound, the loines and legs of an old Coney, fleshy running Capon, the red flesh of the finnews of a leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a Loaf of white bread cut in sops, and two or three ounces of Michridate or Treacle, and as much Bastard, or Muscadine as will cover them all. Distill all with a moderate fire, and keep the first and second waters by themselves;

selves; and when there comes no more by distilling, put more Wine into the Pot upon the same stuff, and distill it again, and you shall have another good water. This water must be kept in a double glasse close stopt very carefully: it is good against many infirmities, as the Dropfie, Palsie, Ague, Sweating, Spleen, Worms, Yellow and Black Jaundies; it strengtheneth the Spirits, Brain, Heart, Liver, and Stomach. Take two or three spoonfuls when need is by it self: or with Ale, Beer, or wine mingled with Sugar.

Dr. Atkinsons excellent Perfume against the Plague.

Take Angelica roots, and dry them a very little in an Oven, or by the fire; and then bruise them very soft, and lay them in Wine-Vinegar to steep, being close covered three or four days; and then heat a brick hot, and lay the same thereon every morning; this is excellent to air the house or any clothes, or to breath over in the morning fasting.

To make Saffron-water.

Take seven quarts of White-wine, and infuse in it all night one ounce of Saffron dried, and in the morning distill it in a Limbeck, or Glass body with a head, and put some white Sugarcandy finely beaten into the Receiver for it to drop on.

Mr. Stepkins Water for the Eyes.

Take four ounces of white Rose-water, and two drams of Tutia in powder, shake them well together in a Glass-vial, and drop of it a little into the eyes evening and morning, it is very good for any hot Rheum.

A precious Water to revive the spirits.

Take four gallons of strong Ale, five ounces of Aniseeds, Liquorish scraped half a pound, sweet Mints, Angelica, Betony, Cowslip-flowers, Sage and Rosemary-flowers, sweet Marjoram, of each three handfuls, Pelitory of the wall one handful. After it is for two or three dayes,

dayes, distill it in a Limbeck, and in the water infuse one handfull of the flowers aforesaid, Cinnamon and Fennel-seed of each half an ounce, Juniper berries bruised one dram, Red-rose-buds, roasted Apples, and Dates sliced and stoned, of each half a pound, distill it again, and sweeten it with some Sugar-candy, and take of Ambergreese, Pearle, red Coral, Harts-horn powdered, and leaf Gold, of each half a dram; put them into a fine linnen bag, and hang it by a thred in a glass.

*The Bishop of Worcesters admirably
curing Powder.*

Take black tips of Crabs claws when the Sun enters into *Cancer*, which is every year on the eleventh day of *June*; pick and wash them clean, and beat them into fine powder, which finely searced, then take Musk and Civer, of each three grains, Ambergreese twelve grains, rub them in the bottom of the Mortar, and then beat them and the powder of the Claws together; then with a pound of this powder mixe one ounce of the magistery of Pearle. Then take ten skins of Adders,

Adders or Snakes, or Slow worm, cut them in pieces, and put them into a pipkin to a pint and a half of Spring water, cover it close, and set it on a gentle fire to simmer onely, not to boil, for ten or twelve hours, in which time it will be turned into a Jelly, and therewith make the said powder into balls. If such skins are not to be gotten, then take six ounces of shaved Harts horn, and boil it to a Jelly, and therewith make the said powder into balls; the horn must be of a red Deer kil'd in *August*, when the moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

To make Spirit of Castoreum.

Take Calamints four ounces; Orange peels two ounces, Nep half a handful, Walnut blossoms half an ounce, Rosemary flowers, and tops of Sage, of each one handful, Castoreum one ounce, white Wine one quart; distill them in a Limbeck. This Water is good for swoounding fits, weak stomachs, and rising of the Mother.

A Water for the Stone.

Take a quart of clean pickt Strawberries, put them in a glass, pour on them a quart of *Aqua vitæ*, let them stand and steep; and take two or three spoonfuls of it morning and evening with fine Sugar, or white Sugarcandy. It will keep all the year. *Approved.*

To make Dr. Stephens Water.

Take a gallon of Claret wine or Sack, Cinnamon, Ginger, Grains of Paradise, Gallinall, Nutmegs, Aniseed, and Fennel-seed, of each three drams, Sage, Mint, red Roses, Pellitory of the Wall, Wilde Marjoram, Rosemary, Wilde Time, Cammomil, Lavender, of each one handfull: bruise the said spices small, cut and bruise the Hearbs, and put all into the wine in a Limbeck, and after it hath stood twenty four hours, distill it gently, and keep the first water by it self, and so the second.

For a Tetter.

Take water of red Tar, and wash it therewith. This is an approved remedy.

A Special water for a Consumption.

Take a peck of garden shell Snails wash them in small Beer, put them into a great Iron dripping-pan, and set them on the hot fire of Charcoals, and keep them constantly stirring till they make no noise at all; then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shells and all; then take a quart of Earth Worms, rip them up with a knife, and scoure them with Salt, and wash them clean, and beat them in the Mortar: then take a large clean Brasse pot to distill them in, put into it two handfulls of Angelica, on them lay two handfulls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfulls; Bears-foot, Red dock leaves, the bark of Barberies, and Wood Sorrel, of each one handfull, Rice half a handfull, Funugreek and Turnerick, of each

each one ounce, Saffron dried and beaten into powder the weight of Six pence, Harts-horn and Cloves beaten, of each three ounces; when all these are in the Pot, put the Snails and wormes upon them, and then pour on them three gallons of strong Ale, then set on the Linbeck, and pattle it close with Rye-dough, that no air come out or get in, and so let it stand one and twenty hours, and distill it with a moderate fire, and receive the several Quarts in several Glasses close stoppt: the Patient must take every morning fasting, and not sleep after it, two spoonfuls of the strongest water, and four spoonfuls of the weakest at one time, fasting two hours after it.

*Syrup of Pearmaines good against
Melancholy.*

Take one pound of the juice of Pearmaines, boil it with a soft fire till half be consumed; then put it in a glass, and there let it stand till it be serled, and put to it as much of the juice of the leaves and roots of Borage, Sugar half a pound, syrup of Citrons three ounces, let them boil together to the consistence of a syrup.

Tincture

Tincture of Ambergreese.

Put into half a pint of pure Spirit of Wine in a strong glasse, Ambergreese one ounce, Musk two drams, stop the glass close with a cork and bladder, and set it in hot horse dung twelve dayes; then pour off the Spirit gently, and put as much new spirit on, and do as before, and pour it off clean: after all this the Ambergreese will serve for ordinary uses. One drop of this Tincture will perfume any thing; besides it is a great Cordial.

Dr. Price, and Mr. Fenton the Chyrurgion, their excellent Medicine for the Plague after Infection.

Take assoon as you find your self sick, as much Diascordium as the weight of a shilling, with ten grains of the powder called *Speciei de gemmis*, well mingled together; and streight after this let the party drink a good draught of hot posset ale made with Carduus Benedictus, Sorrel, Scabiosa, and Scordium, within eight hours after the first taking of it, the

the party must take the *Diascordium*, and *Posset* again as aforesaid, and in like sort the third time within eight hours after, but not above three times, nor the third time, if the party mend, after the first or second taking. Doctor *Price* doth commend much thereof to be taken for the kinde of cure for the *Plague* after one is infected; and Mr. *Fenton* the excellent Chirurgeon, who hath much experience in the cure of the *Plague*, doth highly commend it as a thing in his own experience proved very good. The use of a root called *Sedour* is to be chewed in the mouth, still when one is in the company of such persons as are thought to be infected with the contagion: this root is to be bought at the *Apothecaries*.

*A drink for the Plague or Pestilent Fever
proved by the Countess of Arundel,
in the year 1603.*

Take a pint of *Malmsey* and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a forringer, and put therein a spoonful of *Jean Treacle*, and
D give

give the Patient to drink as hot as he can suffer it, and let him drink a draught of the Malmsey after it, and so swear: if he be vehemently infected, he will bring the Medicine up again; but you must apply the same very often day and night till he brooke it; for so long as he doth bring it up again, there is danger in him: but if he once brooke it, there is no doubt of his recovery by the Grace of God: provided then when the party infected hath taken the aforesaid Medicine and sweateth, if he bring it up again, then you must give him the aforesaid quantity of Malmsey and grains, but no Treacle, for it will be too hot for him, being in a sweat. This Medicine is proved, and the party hath recovered, and the sheets have been found full of blue marks, and no sore hath come forth; this being taken in the beginning of the sickness. Also this Medicine saved 38. Commons of *Windsor* the last great Plague 1593. was proved upon many poor people, and they recovered.

A

A Syrup for a Cold.

Take Penniroyal half an ounce, Raisins of the Sun stoned one ounce, half so much Liquorish bruised, boil them in a pint of running water, till half be consumed; then strain it out hard, and with Sugar boil it to a pretty thick syrup, and take it with a Liquorish stick. *Often proved.*

An excellent Receipt for a precious water.

Take a pottle of the second water of Aqua Composita; of Balm, Betony, Pellitory of the Wall, sweet Marjoram, the flowers of Cowslip, Rosemary, and Sage, of each one handful, the seeds of Anise, Caroway, Coriander, Fennel, and Gromel, and Juniper berries, of each one spoonful, three or four Nutmegs, Cinnamon one ounce, two or three large Mace; bruise all these, and let them lie ten dayes in steep in the Aqua Composita; set the glasse in the Sun, and stir it well every morning, then strain it, and put to it three quarters of a pound of fine Sugar, one graine

of Ambergreese, and two grains of Musk.

To make an excellent Syrop of Citrons, for Limons without fire.

Take Citrons, or Limons, as many as you will, pare off their rindes, then slice them very thin; then put into silver, or glass bason, a thick lay of fine Sugar, and upon that the slices of Citrons or Limons, and lay after lay of Sugar, and the other, till the bason be near full; let it stand all night covered with a paper, the next day pour off the Liquor into a glass through a Tiffany strainer; be sure you put sugar enough to them at the first, and it will keep a whole year good, if it be set well up.

A Salve for the Eyes, made by Sir Edward Spencer.

Take new Hogs greese tryed and clarified two ounces, steep it six hours in Red-rose-water, after wash it in the best white wine, wherein Lapis Calaminaris hath been twelve times quenched: it will take a pottle of white wine, for the

the Lapis Calaminaris will waste it by often quenching, a piece of the Lapis as big as a Turkey Egg will serve; when the grease is well washed, adde to it one ounce of Lapis Tutitia prepared, of Lapis Hematites well washed, two scruples, Aloes Succotrina twelve grains, Pearle four grains; all these must be prepared and made into fine powder, put to it some red Fennel-water, and make it into a Salve. If the eyes be very ill, put into each corner of them as much as a pins head of this Salve; and if the eyes be exceeding sore, anoint therewith onely the Eye-lids. As the Salve dryeth, put to it red Fennel-water to keep it moist.

For the Small Pox or Measles.

Take an ounce of Treacle, half an ounce of set Wall cut small, a penniworth of Saffron ground small; mixe them, and take thereof in a morning upon a knives point as much as you can take up at twice or thrice three mornings together.

A very good Glyster for the wind.

Take Mallow leaves, Cammomill, Mercury, Pelitory of the Wall, Mugwort and Penniroyal, of each a small handfull, Melior and Cammomil flowers, of each half a handfull, of the seeds of Anise, Caroway, Cummin and Fennel, of each one quarter of an ounce, Bayberries and Juniperberries, of each three drams; boil all these in three pints of clear posset ale to twelve ounces, and use it warm.

The Kings Medicine for the Plague.

Take a little handfull of Heerb-grace, as much of Sage, the like quantity of Elder leaves, as much of Red Bramble leaves, stamp them altogether, and strain them through a fair linnen cloth, with a quart of White wine, and a quantity of white Vinegar, and a quantity of white Ginger, and mingle all together; after the first day you shall be safe four and twenty dayes: after the ninth day a whole year by the grace of God; and if it fortune that one be stricken with the

the Plague before he hath drunk the Medicine, then take the aforesaid with a spoonfull of Scabiosa, and a spoonfull of Betony water, and a quantity of fine Treacle, and put them together, and cause the Patient to drink it, and it will put out all venome; and if it fortune that the botch appear, take the leaves of red Brambles, Elder leaves, and Mustard seed, stamp them together, and make a plaister thereof, and lay it to the sore, and it will draw out all the venome, and the person shall be whole by the Grace of God.

A Medicine for the Plague, that the Lord Mayor had from the Queen.

Take of Sage, Elder, and red Bramble leaves, of each one little handful; stamp and strain them together through a cloth with a quart of white wine, then take a quantity of White Vinegar, and mingle all these together, and drink thereof morning and night a spoonfull at a time nine dayes together, and you shall be whole. There is no Medicine more excellent then this, when the sore doth appear, then to take

a cock Chick and Pullet ; and let the rump be bare, and hold the rump of the said Chick to the sore, and it will gape and labour for life, and in the end die ; then take another, and the third, and so long as any do die : for when the poyson is quite drawn out, the Chick will live, the sore presently will assuage, and the party recover. Mr. *Winlow* proved this upon one of his own children ; the thirteenth Chick dyed, the fourteenth lived, and the party cured.

Lord Treasurers Receipt for an Ague.

Take a quantity of Plantain, shred it, and double distill it, and take six or eight spoonfulls of the water, with as much Borage-water, with a little Sugar, and one Nutmeg ; and drink it warm in the cold fit, by Gods help it will cure you.

For Rhume in the Eyes.

Take one spoonfull of Commin-seed finely beaten, and boil it in Verjuyce till half be consumed, put to it

it some course wheat bran, and boil it till it be dry, then put it in a small linnen bag, and lay it to the nape of the neck so hot as you can endure it, and it will draw the Rhume away.

*To break the Stone, and bring away
the Gravel.*

Take the inner bark of a red Filbert-tree, and shave a good handful of it, and take as much Saxifrage, and steep them in a quart of Ale or white Wine, and drink a good draught thereof nine mornings together fasting.

*A Cordial Water in the time of Infection
by Sir Thomas Mayner.*

Take the juyce of green Walnut shells and all, two pound, the juyces of Balm, Carduus Benedictus, and Marigolds, of each three pounds, roots of great Docks half a pound, Butchers broom roots, and all three quarters of a pound, Angelica and Masterwort of each three ounces, Scordium leaves two handfulls, Treacle Venice and Mithridate of each four ounces, Canary Wine three pints, juyce of Limons one pint.

digest these in a glass body two dayes close stopt, then put on a glass head, and distill it, and when it is half distilled, strain that which is left in the glasse through a linnen cloth, and distill it till it grow thick as Honey, which put into a Gally-pot, and give some of it in the time of Infection on a knifes point. The distilled water is also good for the same purpose.

China broth for a Consumption.

Take one ounce of China root chipped thin, and steep it in three pints of water all night on embers covered, the next day take a Cock chicken deplumed and exenterated, and put in its belly Agrimony, Maidenhair, of each half a handfull, Raisins of the Sun stoned one good handfull, and as much French barley; boil all these in a pipkin close covered on a gentle fire for six or seven hours, let it stand till it be cold, strain it, or let it run through a Hypocras bag, and keep in it a glasse for your use. Take a good draught of it in the morning, and at four a clock in the afternoon.

A comfortable bag for the Stomach.

Take Balm, Wormwood, Rosemary, Spearmints, sweet Marjoram, Winter savory, of each half a handful; dry them between two dishes on a chafing-dish of coals, sprinkling them often with good Vinegar; when they are well dried, put to them some crumbs of bread, Cloves, Cinnamon, and Nutmeg beaten to powder; put them in a fine linnen bag, quilt it, and lay it warm to the Stomach.

To encrease Womens milk.

Bruise Fennel seed, and boil them in Barley water, and let the Woman drink thereof often.

To expell Wind.

Take a handfull of Groundswel stripped downwards, as much of Sage, and a quarter of a pound of Currans, boil these in a pint of Ale, and drink it.

For

For the Piles.

Take white Lead finely scraped one dram, burnt Allum two drams, temper them with Hogs Lard and Plantain-water, and therewith anoint the grieved place.

For a Thrush, or Canker in the Mouth.

Take two spoonfuls of clarified Honey, and put a piece of Allum between red hot tongs, and hold it till it drop into the Honey, and therewith dress the mouth often, untill it be perfectly cured.

A green Oyntment good for Bruises, Swellings, and Wrenches in Man, Horse, or other Beast.

Take six pound of May Butter unfalted, Oyl-Olive one quart, Barrows-grease four pound, Rosin and Turpentine of each one pound, Frankincense half a pound; then take these following Herbs of each one handful: Balm, Smallage, Lovage, Red Sage, Lavander, Corren, Marjoram, Rosemary, Mal-lows, Cammomil, Plantain, Alheal, Chick-

Chickweed, Rue, Parsley, Comfrey, Laurel leaves, Birch leaves, Longwort, English Tobacco, Groundswel, Woundwort, Agrimony, Briony, Carduus Benedictus, Betony, Adders Tongue, Saint Johns-wort; pick all these, wash them clean, and strain the water clean from them. These hearbs must be gathered after Sun rising. Stamp them very small in a stone Mortar, then beat the Rosin and Frankincense to powder, and melt them alone, then put in the Oyl, Butter, and Hogs grease, and when all is well melted, put in the Hearbs, and let them boil half a quarter of an hour, then take it from the fire, and scum it very clean a quarter of an hour, and when it is off the fire, put in the Turpentine, and two ounces of Verdigrise, stir it well, or else it will run over, and so stir it till it leave boiling, then put it in an earthen pot, which stop very close with a cloath, and a board on the top, and set it in a Horse Dunghill 21 dayes; and take it out, and put it into a Kettle, and let it boil a little, taking heed that it boil not over; then strain it through a course cloth, and put to it half a pound of Oyl of Spike,

Spike, and cover the pot close till you use it. When you have any occasion to use it, warm it a little for a cold cause, and anoint the place grieved. Mixe this Oyl with the like quantity of the Oyl of Bayes, when it is for a Melander in a Horse, or a dry itch in a Horse or Mare; then take Quick-silver, and beat it often with fasting spittle, till it be killed and look black, and take a quart of Comfrey to the quantity of Quick-silver, to which put thrice so much of the said Oyl; beat all well together, and use it. For a man it must be well chafed in the Palme of the hand three or four times. If you use it for a Horse, put to it Brimstone finely beaten, and work it altogether, as aforesaid.

*An excellent Sear-cloth for a Wound,
Bruise, or Ach.*

Take a pint of Oyl Olive, four ounces of Unguentum Populeon, the Oyls of Cammomel and Roses, of each one ounce. Virgins wax three ounces, Red lead in powder eight ounces; boil these together, continually stirring them, till they will stick to a cloth, which

which is enough, then wet your clothes in them, and hang them up to dry. The best time to make it is in *March*.

*Dr. Reads Perfume to smell against
the Plague.*

First take half a pint of red Rose water, and put thereto the quantity of a hazle Nut of Venice Treacle or Mithridate, stirring them together till they be well infused, then put thereto a quarter of an ounce of Cinnamon broken into small pieces, and bruised in a Mortar, twelve Cloves bruised, the quantity of an hazle Nut of Angelica root sliced very thin, as much of Serwall roots sliced, three or four spoonfulls of White wine Vinegar; so put them altogether in a glasse, and stop it very close, and shake it two or three times a day together, so keep it to your use; when you wet the sponge, shake the glass: in the Winter you may put to it three or four spoonfulls of Cinnamon water or Sack.

A Perfume against the Plague.

Divers good Physicians opinions are, that to burn Tar every morning in a chafing-dish of coals is most excellent against the Plague; also put in a little Wine Vinegar to the Tar. It is most excellent and approved.

Sir Edward Tertils Salve, called the chief of all Salves.

Take Rosin eight ounces, Virgins Wax and Frankincense, of each four ounces, Mastick one ounce, Harts Suet four ounces, Camphire two drams; beat the Rosin, Mastick, and Frankincense in a Mortar together to fine powder; then melt the Rosin and Wax together, then put in the powders: and when they are all well melted, strain it through a cloth into a pottle of white VVine; and boil it together, till it be somewhat thick; then let it cool, and put in the Camphire and four ounces of Venice Turpentine drop by drop, lest it clumper, stirring it continually, then make it up into Rolls, and do with it to the

the pleasuse of God, and health of man.

The Vertues and use of it.

1. It is good for all wounds and sores, old or new, in any place.
2. It clenseth all Festers in the flesh, and heals more in nine dayes, then other salves cure in a moneth.
3. It suffers no dead flesh to ingender or abide where it comes.
4. It cureth the head-ache, rubbing the Temples therewith.
5. It cureth a salt fleam face.
6. It helpeth Sinews that grow stiff, or spring with labour, or wax dry for want of bloud.
7. It draweth out rusty Iron, Arrow-heads, Stubs, Splints, Thorns, or whatsoever is fixed in the flesh or wound.
8. It cureth the biting of a mad Dog, or pricking of any venemous creature.
9. It cureth all Felons, or white flaws.
10. It is good for all Festerling Canckers.
11. It helpeth all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms, or Legs.
12. It cureth Biles, Blanes, Botches,

Im-

Impostumes, Swellings, and Tumours in any part of the body.

13. It helpeth all aches and pains of the genitors in man or woman.

14. It cureth Scabs, Itch, Wrenches, Sprains, Strains, Gouts, Palfies, Dropfies, and waters between the flesh and skin.

15. It healeth the Hemorrhoides, or Piles in man or woman.

16. It cureth the bloody Flux, if the belly be anointed therewith.

17. Make a Sear-cloth thereof to heal all the above said Maladies, with very many other, which for brevity sake are omitted.

A restorative Broth.

Take a young Cock or Capon, flea it, and cut it in four quarters, take out the bones, and chop the flesh somewhat small, put it into an earthen pot of three quarts with a close cover, and pour on it a quart of good red wine, and a pint of red Rose water, and put to one handfull of Currans, ten Dates stoned and cut small, of Rosemary flowers or leaves, and Borage, of each half a handfull, then
close

close on the cover of the pot very fast, and set the said pot in a big brass pot of water, and let it boil five or six hours, taking heed that the water in the brass pot get not into the other pot: when it is well boiled, let it cool leisurely in the brass pot, and then bruise all with a ladle, and strain out the liquor, whereof take morning and evening four or five spoonfuls blond warm.

For the Piles.

Stone.

Take one spoonful of white as much white Frankincense, and twenty four grains of Aloes, beat them fine and searce them, then take one spoonful of honey, the yolk of an egg, and as much oyl of Roses, as will make it to an ointment; mingle them well together, and anoint the grieved place; if the sore be inward, wet a Tent of lint in the Ointment, and put into the Fundament, and spread some of the ointments on a cloth, and put that on it. This is a present remedy.

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For a Sore Throat.

Mingle burnt Alum, the yolk of an Egg, powder of white Dogs-turd, and some Honey together; tie a clout on the end of a stick wet in this mixture, and therewith rub the throat: or mixe white Dogs-turd and Honey, spread it on sheeps leather, and apply it to the Throat.

Phlegm from the Head, Lungs, or Stomach.

Mixe Pelitory roots and Mustard together, and hold it in the mouth, and it will draw out much Phlegm from the Head; but if you boil Pelitory roots, Hysop and Mustard in VVine and Vinegar, and gargle the Throat with it, it will cleanse the Lungs and Stomach perfectly.

The Lady Drury's Medicine for the Cholick, Proved.

Take a turfe of green Grasse, and lay it to the Navil, and let it lie till you

you finde ease, the green side must be laid next to the belly.

*A Medicine for one thick of Hearing.
Proved.*

Take the Garden Daisie-roots, and make juyce thereof, and lay the worst side of the head low upon the bolster, and drop three or four drops thereof into the better Ear; this do three or four dayes together.

An excellent drink for the Stone.

Take Sussafras and Sussaparilla, of each two ounces shaved small, China-root and Tormentil roots, of each one ounce sliced small, Liquorish half a pound beaten, Anniseed four ounces bruised; steep all these in three gallons of running water for twelve hours, then put to them these Simples following, picked and washed, *viz.* Columbine, Lady-mantle, Marsh Mallow and Moul-ear-roots slit, Hearb Robert, Ribwort, Sanible, Scabious, Agrimony, Colts-foot and Betony, of each two handfuls; boil all these together on a soft fire, till one gallon be consumed, then strain it

it out, and keep the liquor in a glass close stopped, then take all what remains in the strainer; put it into the pot again, and pour thereon two gallons of running water, and boil them till half the Liquor be consumed, then strain it out, and put both liquors together, set them on the fire, and put a quart of White Wine to it, and let it boil a while gently and scum it clean, then take it off the fire, and put to it half an ounce of Rhubarb slit, and two ounces of good Sena leaves; and stir them well together, and cover the pot close to keep in the heat, and let it stand all night, and in the morning stir it well, and cover it again, and so let it stand four dayes. Take of this Liquor in the morning fasting, four a clock in the afternoon, and after supper at bed time; at each time the quantity of six ounces, and so used it must be till you feel ease.

*To preserve a Woman with Child
from miscarrying.*

Put a few Cloves and Cinnamon, with a sprig of Baum and Rosemary, into a pint of Claret Wine, and burn
it

it altogether, then beat the yolks of six new laid Eggs, and put them into the wine on the fire, then take the Cock-treading of twelve Eggs, and the white of one Egge, and beat them to an Oyl, take off the white froth from it, and put this Oyl into the wine, and brew all well together with as much powder Sugar, as will make it of an indifferent sweetness: whereof let the said woman take four spoonfuls at a time, when she feeleth any pain to begin in her back or belly.

To make Childrens Teeth come without pain. Proved.

Take the head of a Hare boiled or roasted, and with the brains thereof mingle Honey and Butter, and therewith anoint the childes gums as often as you please.

Dr. Mays Juice of Liquorish to stay Rhume, and preserve the Lungs.

Take six little handfulls of the tops of Hysop, Rosemary flowers, one little handfull, of the leaves of Coltsfoot, four little handfulls, stamp and take the
juyce

juyce of them, and put to it a pint of Hyfop-water, or running water; unto all these put four ounces of Liquorish finely beaten and searsed; then set it on the fire, and boil it till it be as thick as cream, then strain it through a fine strainer, and set it again to the fire, and stir it continually till it boil, and put into it boiling four ounces of Yellow Sugar-candy; let it boil till it rise from the bottom with stirring, and when you may handle it, make it up in cakes and rolls as you please.

To kill a Felon quickly.

Take a little Rue and Sage, stamp them small, put to it Oyl of the white of an Egg, and a little Honey, and lay it to the sore.

A remedy for the pain in the Stomach.

Take a pottle of white VVine, eight ounces of Currans, and four ounces of Elicampane roots sliced, a sprig of Marjoram and Spearmint; boil all these together, till the Currans be soft, adding to it one spoonful of sweet Fennel-seed,

ruptions of the Stomach, it helps digestion and appetite, it expurgeth all dross in the bottom of the Stomach, it cureth the Gout being mixed and well beaten with *Aqua vite*, and applied warm to the Gouty place, and left long on it.

To break the Stone.

Take Cammock roots, dry them in an Oven, beat them to powder, searse it, and put as much thereof as will lie on a groat into halfe a pint of White wine, half a sliced Lemon, a top or two of Rosemary, and some Sugar, let them lie in steep all night, in the morning stir them well together, and drink it off, and wash thereupon a good while. Use this three or four mornings together, and it will make the Stone break, and void away in gravel: but if the Kidneys be ulcerated, then use the Medicine following, viz.

To help Ulceration in the Kidneys.

Take two drams of China-root sliced small, Golden rod, Maiden-hair, Pauls
Be-

Betony, Moufear, Agrimony, Comfrey, Scabious, Bugle, red Bramble leaves, Pelitory of the wall, Marsh Mallows and Plantain, of each half a handfull, then take one spoonful of French Barley, a stick of Liquorish sliced small, one handfull of Raisins *Solis* stoned; boil all these softly in a pottle of running water to a quart, then take it from the fire, and put to it two ounces of Conserve of red Roses, stir them together, and let it run through a fine cloth, and keep it close stoppt in a glass, and drink thereof blood-warm every morning and evening twelve spoonfuls at a time, for two, three, or four weeks, more or less, as you see occasion, and find ease or pain.

A Special Medicine for one that cannot swallow, although no inward Medicine can be taken for it.

Take the soiling of a Dog that is hard and white, powder it, and mingle it well with English Honey, spread it thick upon a linnen cloth, and hold it to the fire, and lay it all over the Throat down to the Channel bone, use fresh morning and evening, bind it hard to, and by Gods grace it will help.

To draw up the Uvula.

Take a new laid Egg, and roast it till it be blue, and then crush it between a cloth, and lay it to the crown of the head, and once in twelve hours lay new till it be drawn up.

A Purge for Children or Old men.

Take one spoonful of Spirit of Tartar prepared, with Sugarcandy and Rose-water, put it in a little broth, and give it either of them ; it purgeth gently, it comforts the Heart and expelleth Phlegm and Melancholy.

For a Noli me Tangere.

Take the Hearb called Turnsol, cut it in small pieces, and put it in a bottle, and pour so much *Aqua vita* on it as will cover it four fingers, stop the bottle, and set it in the Sun ten dayes, and in the night in the Chimney corner, but not too near the fire ; then pour of the *Aqua vita*, and keep it close, then calcine the dregs remaining in the bottle
be-

between two calcining pots well luted, which will be done in a day, then put the calcined ashes into the said *Aqua vita*, and they will all dissolve. Keep this as a great treasure, and give one spoonful thereof to the party fasting, in white Wine, and wet a cloth in the said Liquor, and binde it on the sore place, and without fail it will dry it up. It helpeth also those that are troubled with the Gravel and Stone, given as aforesaid with white Wine: and it is very excellent for those that have the Drop-sie, Palsie, or are taken with a Quartane Ague.

*To make the Face faire, and for a
stinking Breath*

Take the flowers of Rosemary, and see the them in white VVine, with which wash your face; if you drink thereof, it will make you have a sweet breath.

*For heat in the Face, rednesse and shining
of the Nose.*

Take a fair linnen cloth, and in the morning lay it over the grasse, and draw it

over till it be wet with dew, then wring it out into a fair dish, and wet the face therewith as oft as you please, as you wet it let it dry in. *May* dew is the best.

An Excellent Oyl to take away the Heat and Shining of the Nose.

Take 12 ounces of Gourd-seed, crackle them, and take out the kernels, peel off the skin, and blanch six ounces of bitter Almonds, and make an Oyl of them, and anoint the place grieved therewith : you must always take as much of the Gourd-seed as of the Almonds ; use it often.

For Heat or Pimples in the Face.

Take the Liverwort that groweth in the VVell, stamp and strain it, and put the juyce into Cream, and so anoint your Face as long as you will, and it will help you. *Proved.* Also the juyce of Liverwort drunk in beer warm, is good for the heat of the Liver.

To take away Hair.

Take the shells of fifty two Eggs, beat them small, and still them with a good fire, and with the water anoint your self where you would have the hair off: Or else Cats dung that is hard and dried, beaten to powder, and tempered with strong Vinegar, and anointed on the place.

Dr. Friers Receipt for sweating in the face.

Take a little handfull of Penniroyall, and as much Cinquefoil, and seethe them in White wine or Vinegar; if you take Vinegar, put a little to it when it is sodden; this done you must hold your head over it, and cast a sheet over your head, and keep in the air close as long as you can endure it, and so ten or twelve times a day.

*An approved Medicine taught by Dr.
Blacksmith for the Cough.*

Take the roots of Folefoot, and dry them in an Oven, and powder them,

then heat a tile red hot, and strew it thereupon, then set the bottom of a tunnel upon it and let the Patient receive the same morning and evening.

*An approved Medicine for the same, by
Doctor Blacksmith.*

Take a pint of Hyssop-water, and a quartar of a pound of Sugarcandy, a spoonful of Anniseed bruised, and a small stick of Liquorish sliced and bruised, put them together, and let them stand all night, boil it a quarter of an hour upon a fire; then strain, and take of it two or three spoonfuls at a time warm; you may take it at any time, best at night when you go to bed, or in the morning.

*For the Kidneys swoln with cold, or other
Accident.*

Take the Oyls of Roses and Quinces, of each two drams, and warm them in a Sawcer or Porringer, and anoint the place therewith against the fire, lest you take cold in the doing of it.

A Vomit for an Ague.

Take blue Lilly-roots sliced small and bruised, and steep it in as much Vinegar as will cover them, and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

A restorative Bag for a cold or windy Stomach.

Take Rose-leaves, Rosemary tops, and flowers, red Mints, and Borage flowers, of each one handful, warm them in a platter on a Chafing-dish of coals, and ever as you stir it, sprinkle it with Sack and Rose-water; and when it is as hot as can be, put it in a cloth or silk bag, and lay it to the bottom of the Stomach, as hot as can be endured, and keep yourself from studying or musing, and it will comfort very much.

A Drink for cold Rhumes or Phlegms.

Take the roots of Fennel, Comfrey, Parsley and Liverwort, Harts-tongue,

E 5

Monfear,

Mouſear, Horehound, Sandrake, Maiden-hair, Cinquefoil, Hyſop, Bugloſs, and Violet leaves, of each one handfull, waſh and dry them very clean, Raiſins *Solis* eight ounces, Aniſeeds four drams, Liquoriſh two drams, Elecampane-root two drams, half a pint of Barley waſhed and bruised ; boil theſe in a pottle of fair water, untill half the liquor be conſumed, ſtrain it, and put to it one quart of VWhite or Rheniſh Wine, and 1. ounce of Sugarcandy, and boil it again till half be conſumed, take it from the fire, and when it is cold put it into a clean glaſs, and drink thereof every morning and evening a draught firſt and laſt, and by Gods grace it will make you well and ſound. *Approved.*

For Rhume in the Throat.

Make a Cap of brown paper, perfume it with Frankincenſe, and apply it hot to the head, then take the hard Eggs, and lay them hot to the Nape of the Neck, and anoint the Throat with Oyls of Rice and ſweet Almonds, and lay your ſelf to ſweat, and after ſweating, mix Mell Roſarum,
Syrup

Syrup of Mulberries, Plantain water together, and gargle the throat therewith. In want of the said Syrup use VWoodbin water.

A Remedy for the Stone.

Take a quart of Milk, Ale and white Wine of each four ounces, make them into a clear Posset drink, the curd taken off; to which put Parsley-roots, Mal-low leaves, and Pellitory of the wall, of each one handful, Water-Cresses one handful and a half, all small shred, two sprigs of Thyme, and Liquorish one ounce bruised, boil all together to the consumption of a quart, and take a draught thereof in the morning, or at any time before meat, sweetened with Sugar to your taste.

A broth for the Cough of the Lungs devised by Dr. Brasdale, Dr. Atkinson, and Dr. Fryer for the Lord Treasurer.

Take one paper of the prepared China roots, and steep in six pints of fair water three hours, then boil it unto three pints in an earthen pipkin, then
boil

boil a Chicken and one ounce of French Barley together in a Pipkin six or seven Walmes, and skim it, then put away the water, and put the Barley and the Chick to the China, with the China in the paper a little green Endive, twenty Raisins of the Sun stoned, a little crust of bread, and a little Mace, boil them together unto a pint and halfe; strain it, and let the party drink every day two draughts thereof, one in the morning fasting, and another at four a clock in the afternoon, use it as often as you see cause.

For a Burning or Scalding.

Take Alehoof one handfull, the yolk of an Egg, and some fair water, stamp them, and strain it, and therewith wash the grieved place till the fire be out.

Or boil some Alehoof and Sheepsuet together with Sheeps Dung and Plantain leaves, till they come to a salve, and apply it.

To procure sleep.

Bruise a handfull of Anniseeds, and
 sleep

steep them in red Rose-water, and make it up in little bags, and bind one of them to each Nostril, and it will cause sleep.

To sharpen a sick mans Appetite, and to restore his Taste.

Take Wood or Garden sorrel one handful, and boil it in a pint of white wine Vinegar till it be very tender, strain it out, and put to it Sugar two ounces, and boil it to a Syrup, and let the Patient take of it at any time.

A Comfortable Juleb for a Feaver.

Take Barley-water and White Wine, of each one pint, VVhey one quart, put to it two ounces of Conserve of Barberries, and the juices of two Lemons, and two Oranges. This will cool and open the body and comfort it. If the Feaver be extream hot, take two white salt Herrings, slit them down the back, and bind them to the soles of the feet for twelve hours. In want of Herrings, take two Pigeons cut open, and so apply them.

A

*A receipt of the Right Honourable
the Lord Sheffield, for the
Cough of the Lungs.*

Take of the distilled water of sweet Horehound one pint, and adde thereto to make a Syrup three quarters of a pound of fine white Sugarcandy finely beaten, mix these well together, and set them upon a quick Charcoal fire, then take some of the best English Liquorish, clean scraped and sliced, and put into it, and let it boil in the said Syrup; and when it seems half boiled, take three grains of Ambergreese reasonably well bruised, and put it into the syrup, and let it boil all together, but let any scum that riseth upon it be taken away before; you must have a care that it boil not with much heat by often cooling some of it with a spoon; when it comes to a little thickness, being cold, it is boiled sufficiently, else will it be all candy, and not syrup, while it is hot it must be strained through a fine cloth that is clean, before it be put in a glass.

For

For a Cough or stuffing in the Stomach.

Take Hyfop water one pint, Muscadine one quart, four races of Ginger, and as much Liquorish sliced, two penniworth of Sugarcandy in powder, put all into a glass, and stop it close, and shake them well together, and let it intermixe twenty four hours, and drink thereof morning and evening.

A Plaister for the Cholick.

Take Cammomil, Rue, Sage, and VVormwood, of each one handful, VVheaten Bran half a handful, cut the hearbs small, and boil all in good Vinegar till the Vinegar be consumed, then put it into a linnen bag, and lay it to the pained place as hot as can be endured, and when it is cold warm it again, and use it daily till you be well.

For the rising of the Mother.

Take Columbine-seed, and Parsnip-seed, of each three spoonfuls; beat them to fine powder, and boil them in a quart

quart of Ale to a pint, seething with it one handfull of Sage cut small, strain it, and drink it off warm every morning and evening; especially when you feel pain. And take two ounces of Galbanum, spread it upon a cloth, and lay it upon the womans Navil.

A Drink for the Dropsie.

Take Polopodie of the Oak six ounces, Guajacum one ounce, the Bark of Guajacum three ounces, Saffras four ounces, Sena six ounces, Aniseed three ounces, Epithymum, Stechasdos, of each half an ounce, Raisins *Solis* stoned eight ounces, Hermodactyles three ounces, Agarick, Rhubarb, China root, of each half an ounce, Liquorish four ounces; put all these to steep a whole night in two gallons of Ale; and six quarts of strong Wine, in the morning boil them two hours and a half; the pot being close stopt, then strain it being cold, and give the Patient thereof three times a day, half a pint at a time, *viz.* at six in the morning, and at nine after that, and at three in the afternoon. Boil the remnant in the
 strain-

strainer in strong Ale as before, and drink this second liquour at meals as often as you will. You must keep a drying diet of Roast meat every day, and sup sometimes, but drink no other liquors whatsoever but these two.

For a Tympany or Water in ones Body, and for the fulness of the Stomach.

Take red Fennel and fill it, and take thereof in the morning fasting a spoonful or two, and in the evening or any time of the day, when you feel your self not well: by Gods Grace this will help you.

For a Stitch in the Side, proved.

Take a pretty quantity of Oats, and boil them in Sack, till they have dried up the sack, and then put them in a cloth, and lay it as hot as you can endure it to your side, and this will help.

A Receipt of Hearbs that are to be boiled in broth, according to Dr. Atkins opinion.

Take Tamarisk, Lettice, Borrage,
Bug-

Bugloss, Rosemary tops, sweet Marjoram, Time, Succory, Parsley and Fennel, of each a pretty quantity, and when the body is collicive, leave out some hearbs, and put in onely Tamarisk, Borage, Bugloss, Lettice, Succory, Parsley, Fennel, Betony.

Another by Mr. Francis Cox.

Take the Roots of Sparagus and Eringoes, of each three or four; cut off the length of a finger and sliced, Maiden-hair, Tamarisk, Harts - tongue, of each like much, Betony twice as much as any of the rest, bind these and the roots together, take also large whole Mace two or three flakes, a quarter of a Nutmeg quartered; take then a young Cock, dress him, and slice him, and cut his flesh, and so boil him untill he be sod all to pieces, but let not the Hearbs boil too long in the broth, but when they have given a pretty taste to it, take them out, and let the rest boil till the Chick be all in pieces; then beat the flesh of him with Dates in a stone Mortar, and strain it with the liquour, untill you have all the taste

taste thereof in the liquor, then clarifie this broth with whites of Eggs as you do a Jelly, and then use it; this broth will strengthen the back, and have respect to the Spleen.

A Preservative against the Plague.

Take one handful of Roses, Berony, and small Fellon, two handfuls of Scabious, of Dragon, Sage, Sorrel, Rue, Bramble-leaves, and Elder-leaves, of each one handful, Bole Armoniack as big as an apple, Saffron the weight of eight pence, yellow Sanders one ounce, Sugar-candy two ounces; all beaten into powder distil these together; take three spoonfuls thereof, and of Treacle or Mithridate the quantity of a bean, and mingle it with the water, and drink thereof when you are faint.

Oxymel Compositum.

Take pure Honey a pottle, White Wine Vinegar a pint and a half, five Parsley, five Fennel, five Smallage roots the pith taken out, the roots of Knacholm two ounces, Sparagus one ounce, Smallage

lage seed four ounces, shred the roots, and bruise the seeds, and steep them in three quarts of Conduit water for four and twenty hours, and after boil it all to one quart, strain it, and adde the Honey clarified and boil it therein, then put to the Vinegar, and let it boil gently to the thickness of a Syrup; one spoonful whereof taken every morning fasting, cutteth and divideth all gross humours, it purgeth the Liver, Spleen, Reins, and opens all obstructions, moveth Urine, and provoketh sweat.

*A Purging Dyet-drink, the Proportion
for four Gallons.*

Take Sarsaparilla four ounces, Sena six ounces, Polypodie of the Oak six ounces, Rhubarb twelve drams, Sassafras roots two ounces, Agarick one ounce, Sea Scurvey-grass a peck, Fennel, Caraway and Aniseed, of each half an ounce, Cloves and Ginger, of each one ounce, wilde Radish, and white Flower de Luce roots, of each two ounces, Water-cresses and Brook-lime, of each eight handfuls, slice such of these as are to be sliced;
and

and beat those that are to be beaten in a Mortar, and put them in a Canvas bag, and let it stand eight dayes in a Rundlet of four gallons of ten shillings beer, a little lower then the middle of the beer, and so run it. Take thereof in the Spring and Fall three or four dayes together in manner following, every morning at six a clock fasting, take half a pint cold, and use some exercise after it till you be warm, and fast till nine a clock; then take such another draught, and fast one hour after it, then take something warm broth, and keep a good diet at meals, eating no Sallads or Flegmatick meats: after dinner at three a clock take thereof another half pint, thus do for three or four dayes in the same manner. This will purge gently, clear the bloud and inward parts, and prevent diseases. If you please, you may put to the above said Ingredients two handfuls of Maiden-hair.

*The Countess of Worcesters Medicine for
the Green Sicknes, approved.*

Take a pint of Malsey, and 2. handfuls of Currans clean washed, and put them together

gether, also take a little Wormwood, and a little crop or two of Red Mint, either green or dryed, and lay it in the Malmsey over night, and in the morning eat a sponfull or two of the Currans fasting, and walk after it, eating nothing in an hour; use this twelve dayes together, and if you shall see cause, also take Wormwood and warm it between two Tiles, and put it in a cloth, and lay to the stomach when you go to bed, and so fresh every night. Proved by the Lady Worcester.

A Diet Drink for a Fistula, or for a Body full of gross Humours.

Take Sarsaparilla, Sassafras, the Wood and Bark of Oak roots, of each four ounces cut small, Agrimony, Colts-foot, Scabious, of each four handfuls, Marsh Mallow Roots half a handfull, Betony, Ladies Mantle, Sinacle, Columbine roots, of each one handfull, shread the Hearbs and Roots small, and boil them all in three gallons of Spring water, or two gallons, then strain them through a Cullender, and put thereto one gallon of clear water, and boil it to

a gallon and an half, and strain it again till all the moisture be out; put thereto a pottle of good White-wine, and a pint and a half of good Honey, and boil it softly, scum it very clean, take it off the fire, and put to six drams of Rhubarb sliced small, and two ounces of Sena, and keep it in a stone vessel close covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon, till half of it be wasted; afterwards let the Patient drink thereof every morning a draught, and dress the Fistula with the green salve, and this will cure it.

When this Drink is made as above-said, let it stand three dayes, onely shaking it together twice or thrice a day. It is fit to be drunk at three dayes end. In the time of taking it, all Fish, white meats, fruit, wine, anger and passion must be avoided.

For one that hath no speech in Sicknes.

Take the juyce of Sage, or Pimpernel, and put it to the Patients mouth, and by the grace of God it shall make him speak.

*A Water good for Lightness of the Head,
and the aforesaid.*

Take the flowers of single white Primroses, and still them, and drink of the water, and that is good for the lightness of the head; and for bringing of the speech again: mingle therewith the like quantity of Rosemary-flower-water and Cowslip-water, and the same will restore the speech again.

*Sir Edward Boustards precious Oyntment
for Aches in the Bones or Sinews that
come of cold Causes.*

Take Wormwood, red Sage, the green and tender leaves and buds of Bayes and of Rue, of each one pound; chop them and beat them in a Mortar very small, put to them Mutton Suet well picked from the skins one pound and a half, and beat all well together, and put to them a pint and a half of good Oyl-Olive, or Neatsfoot Oyl, mixe them all well together in an earthen pot, and set them in a warm Oven five hours, then take it out and straim it, and keep the Oyntment in an Earthen pot,

anoint

anoint the grieved therewith well by the fire, and cover the place with black wool unwashed.

*Dr. Atkins. An excellent Medicine
for the Jaundies.*

Take of Rhubarb finely sliced the weight of a shilling, Red Dock roots sliced the weight of three shillings, one Nutmeg bruised grossly, and put them in a bottle of new beer, or any beer, the bottle being three quarts, or a pottle, let it be close stopped for three dayes, or two at least, and then begin to give him to drink thereof, every morning a draught next his heart, and about five a clock in the afternoon, drink this till his stool come yellow; if his body be loose with it, give him but onely in the morning: if he will not take this, give him two spoonfuls of the Syrup of Succory, with Rhubarb one morning, and every day after give him the weight of six pence of the powder after written, in drink or broth, or Alebery next his heart for a week together.

F *Dr.*

Dr. Atkins Powder.

Take Earth-worms and slit them, and wash them with white-Wine, then dry them in an Oven, and powder them, and put to every shilling weight of their powder, a groat weight of Ivory, and as much of Harts-horn scraped, and mingle them together; boil in his broth Parsley-roots and Fennel-roots, and a little Nutmeg; if he will not take this, give him every morning two spoonfuls of Oxy-mel Compositum alone, or in Beer, or else burn some Juniper, and take one ounce of the ashes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rhenish-wine or white-wine through it four or five times, and let them every morning drink a draught of the Wine with Sugar.

An approved Medicine for the Yellow Jaundies.

Take the Peels of Barberries, and scrape off the outside of it, and take the inner peel of them, a quarter as much
as

as one may hold in their hand, a small Reasin of Turmerick grated very small, four or five blades of English Saffron to be dryed and beaten very small, then put all together, and boil it in a pint of Milk or Posset drink, untill it be very bitter; then strain it, and drink every morning fasting, and at night when you go to bed, nine dayes together, and by the grace of God it will help you; Or else you may lay it a steep in strong Ale or Beer twenty four hours, and then drink a quantity of it, as you should the other; and if it be bitter, you may put a little Sugar to sweeten it.

To make Oyl of Excester.

Take Sage two handfuls, one of Time, one of the wild Vine, two of Hysop, one of Saint Johns Wort, two of Bay-leaves, one of Goose-grass, two of Rosemary, one of Letterwood, two of Penniroyal, two of Cammomil, two of Lavender, two of White-Lillies, two of Dragon leaves, two of Rue, two of Worm wood, two of Mints, one of Sweet Marjoram, one of Pellitory of Spain, one of Feaverfew, one of Angelica, one of

F 2 Betony,

Betony, stamp well these hearbs, and put them into a great pottage pot, and boil them in two quarts of running water till the water be consumed, then put to it two quarts of Cowslip flowers that have been steeped in Oyl Olive four weeks, and have been kept in the Sun all that time, and two quarts of White Wine, and also two quarts of Oyl Olive, boil them together one or two hours, till you think it almost dry, then strain in the Oyl from the hearbs, and put it into a glass, and blow the uppermost of the Oyl into the glass, for the very bottom is not so good.

A Medicine for the Worms.

Take a little fresh Butter and Honey, melt it, and anoint therewith the childe, from the Stomach to the Navil, then take powder of Mirrhe, and strew it upon the place so anointed, cover it with a brown paper, and bind a cloth over it, and so anoint the child three nights one after another. This Mirrhe is also good to swallow in a morning for shortness of breath, and to chew it in the mouth for Rhumes.

A Powder for the winde in the body.

Take Anniseed, Caroway-seed, Jet, Amber-greece, red Coral, dried Lemon or Orange peels, new laid Egg shells dried, Dates stones, pillings of Goose-horns, of Capons and Pigeons, dried Horse-radish-roots, of each half a scruple in fine powder well mixed, and take half a scruple thereof every morning in a spoonful of Beer or white wine.

To make Oyl of Eggs.

Take twelve yolks of Eggs, and put them in a pot over the fire, and let them stand till you perceive them to grow black, then put them in a press, and press out the Oyl. This Oyl is good for all manner of burnings and scaldings whatsoever.

To make Oyl of mustard seed.

Take two pounds of Mustard seed, and four pounds of Oyl Olive, grinde them together, and let them so stand nine dayes, and then stir it well, and

keep in boxes. This Oyl is good for the Palsie, Gout, Itch, &c.

To make Oyl of Fennel.

Take a good quantity of Fennel, and put it between two Iron Plates, and make them very hot in the fire, then press out the Liqueur. This Oyl will keep a great while: It is good for the Tisick, and for burnings or Scaldings.

To make Oyl of Rue.

Cut Rue leaves small, and put them into a pot with some Oyl-Olive, and let them stand twelve dayes, then boil them till they be wasted to the third part, then strain it, and keep it close. This Oyl is good to keep away all causes of Pestilences in man, woman, or child.

To make Oyl of Cammomil.

Stamp a good quantity of Cammomil-flowers in a Mortar, put them in a pot with some Oyl-Olive, and let them

them stand twelve days, then boil it a little on the fire, then take it off, and presse it out hard, and put the Juyce into glasses, and put to them more Cammomil-flowers stamped small, and let them stand for your use.

A Sovereign Medicine for a Fistula.

Take pure Rosin one pound, Sheep Suet the bigness of a great Egg, or somewhat more in Winter, and set them on a fire in a pot, till it be ready to boil, then pour it in to a pan of cold water, and work it with your hands rubbed with Butter, till it become so small as Pack-thred, scrape it on a cloth, and spread it thin, then cut it out small and narrow, and when you use it, roll it up small like tents.

The Powder.

Take an Oxe horn, and steep it nine dayes in water, shift every day into fresh water; then take it out, and fill it full of black Soap, and fry it over the fire in a Frying-pan, and the horn will melt away and burn to powder; dip the end of ten tents in this powder.

The Water.

Take Allum and white Copperas of each half a pound, beat them into fine powder, and mix them well together, and put them in an earthen pot, and let them boil on a soft fire till they be hard, and will boil no longer, then beat them to powder. Two spoonfuls will make a gallon of water, and one spoonful will make a pottle, but let the water seethe first; then take it off, and at first sprinkle a little of the powder lest it flame up, and after the rest wet a fair cloth, and dress the sore twice a day. If green Copperas be used, two pound must be put to one pound of Allum. When the sore is dressed, it must be tented as aforesaid if need require, and lay on a cloth still wet in the said water. As the water comes hot from the fire, put in one spoonful of the said powder by degrees.

A special Medicine for a Loosenesse.

Burn three Nutmegs to ashes in the flame of a wax candle, and when they are thoroughly burnt, rub them to powder, and mix it with the like quantity
of

of Bean-flower and Cinnamon finely beaten and searsed, then make up into a paste with the white of an Egg, and a little red Wine, and make the paste into small round pills fit for swallowing, and dry them hard in a clean fire, and when you take them, drink a little red wine after it.

For an Uncomb or Sore Finger.

Shred one handful of Smallage very small, and put to it one spoonful of Honey, the yolk of an Egg, and a little Wheat-flower to make it thick, then spread it on a cloth, and lay it to the sore twice a day.

For the same in young Children, or any other in the beginning.

Take Celandine, and bruise it well between your hands, and binde to your Navil, and the soles of your feet, hang it once in twenty four hours till they be well.

A Medicine for the Purples, proved.

Take Purple Silk, and shred it as small as you can, and put it into a spoon, and put a little Ale or Beer unto it lukewarm, and so take it, and drink after it a little; and so do five mornings together, and fast an hour after it.

Dr. Twines Almond Milk.

Take a pot of water when it is boiled, and stood to be clear, then-boil therein Violet leaves, Strawberries the whole hearb with the roor, of each a pretty handful, Sorrel a good roor, all well washed, a crust of white Bread, Raisins of the Sun stoned two ounces, boil all these from a pottle to a quart, and with fifty Almonds blanched, and thirty Pompion Kernels, all well beaten, draw an Almond Milk, sweetned with good Sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a pint.

Dr.

Dr. Blacksmiths Almond Milk.

Take of the roots of *Ruscus Gramen*, *Sparagus* and *Succory*, each three drams, *Barley* prepared half a handful, of the leaves of *Mallows*, *Violets*, five leaved *Grasse*, *Strawberries*, *Borage*, *Bugloss*, *Maiden-hair*, of each half a handful, sliced *Liquorish* two drams; boil all these in three pints of fair running water to a quart or lesse: then take the weight of a French Crown of the *Kernels* of each of the three cold seeds, and beat them in a few *Almonds*, and white *Rose water* and *Sugar*, and make *Almonds Milk*.

Dr. Atkins excellent Receipt of Almond Milk to cool and cleanse the Kidneys.

Take a pint and quarter of *Barley-water*, and in that boil *Alchea*, *Iringus*, *Gramen* and *Sparagus* roots, each a French Crowns weight, *Strawberries*, and five leaved *Grass*, both leaves and roots, each a few, boil them till the *Barley-water* be but a pint, then strain out the *Barley-water*, and take a French Crown

Crowns weight, a piece of the fore cold seeds, and peel off the husks, then beat the seeds with the Almonds, and strain them forth together with the Barley-water, and put to it a little Rose-water and Sugar, and make it an Almond Milk.

A Receipt for the Stone.

Take a gallon of new Milk, wilde Time, Sassafras, Pellitory of the wall, Philisendula roots, Saxifrage, of each one handfull, Parsley leaves two handfuls, three or four Radish-roots, and as many Parsley-roots, Anniseeds one ounce, cut and slit the roots, bruiſe the hearbs and seeds, and put them to infuse in the milk a whole night, the next morning distil it in a Rose distillatory. Take ten or twelve spoonfuls of the water, and as much white or Rhenish wine, a little Sugar, and a sliced Nutmeg. It is very good every full and change of the Moon to take morning and evening, to prevent sickness; and at any time if need require.

For the Green sickness.

Take Aloes and Rhubarb, of each four ounces finely beaten and searsed, prepared Steel four drams; mix these together with Claret-Wine, and make them into twenty seven pills, and take every morning in three of them, using exercise till all be gone, and drink after them at each time a glass of Claret-wine.

For any sore Breasts or Paps.

Take a pottle of running water, Sage two good handfuls small minced, and a quantity of Oatmeal - greats small beaten; boil all these to the thickness of White Bread dough, but let it not burn to, then put to it three Spoonfuls of Honey, and a little Saffron; stir it well together, and boil it to a quart somewhat thiff. This Pullets will break and heal it soon, and draw away the pain without breaking. It will cure any sore Breast or Pap, if it be not a Canker or Fistula.

A Syrup lasting many years, good for Swounding and Faintness of Heart, it comforteth the weak Brain and Sinews, it may be used as much as half a nut once at your pleasure.

Take Borage, Bugloss, white Endive, one little handful, of Rosemary-flowers, Time, Hyssop, Winter Savory, of each one little handful; break these between your hands, and seethe them in three quarts of water to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole Cloves, powder of Cinnamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seethe upon a soft fire, well stirred for burning to, untill it come to the thickness of Honey, then take it up, and let it cool, and put it in pots or glasses at your pleasure. Prescribed by Dr. Twine.

An approved Medicine for a woman in Labor to make, come, & prove safe deliverance.

Take powder of Cinnamon one dram, powder of Amber half a dram finely
eaten,

beaten, mingle it with eight spoonfuls of Claret-wine, and so let her drink it.

To Know how much Bezar Stone must be taken when one is heart sick.

Take Bezar Stone the weight of three Barley corns, or five at a time, once in six or ten hours; and give it in a spoon with Carduus, Bean-water, Borage, or Bugloss, Ale or Beer.

Doctor Stevens excellent water, wherewith he cured many Diseases following.

Take one gallon of Gascoign Wine, Ginger, Gallinal, Cammomil, Nutmegs, Grains of Paradise, Cloves, Anniseeds, Caroway-seeds, of each one dram, then take Sage, Mint, red Roses, Time, Pelitory, Rosemary, Penniroyal, Montanum, Cammomil, Babin, Harts-tongue, Lavender, Avance, of each a handful, bray the spices small, and let it stand so twelve hours, stirring it divers times; then still it in a Limbeck, and keep the first by it self, for it is best; then will there

there come a second water which is good, but not so good as the first, for it is fainter. The vertue of this water is, to comfort the Vital Spirit greatly, and preserve the youth of man or woman, and helps the inward diseases that come of cold, helpeth the shaking of the Palsie, and cureth contractions of Sinews, it strengthneth the Marrow in the bones, it helpeth the conception of Women that are barren, it killeth Worms in the body, and cureth the cold Gout, and Tooth-ache, and it helpeth the Stone in the bladder, and the pain in the Reins of the back, and will make one seem young a long time; one spoonful of this *Aqua vita* shall do more good to a man that is sick, then four spoonfuls of any other; and this *Aqua vita* shall be better if it stand in the Sun all Summer long.

For the Falling Sicknes.

Take half a peck of Peony roots, cleanse, rub, wash and stamp them, and as you stamp them, put in Sherry Sack, let them be beaten very small, and then put to them a pottle of Sherry Sack;

for

stir all well together, and let it stand close covered twenty four hours, then pour off the clearest into bottles, and take thereof a little draught every change of the Moon, for three mornings, one morning after another.

A Pulsetts to break a Bile or Impostume.

Take Sorrel one handful, twelve Figs quartered, half a pint of Sorrel juyce; boil and break these together till it be very tender, and put to it some Wheat flower, and when it is well boiled, put to it a good piece of Butter, and lay it warm to the place twice a day, till it be drawn enough.

A Remedy for Worms in Children.

Take one spoonful of juyce of Limons, powdered Saffron half a scruple, and a little Sugar; and give this same quantity to the patient three mornings together.

For Worms. Dr. Wetherborn.

Take Rhubarb one dram, Worm-wood

wood half a dram, Coralline one scruple, Currans one good handfull, beat them all to a Conserve, and mixe it with Syrup of Violets, to an Electuary, and give a child the quantity of a Walnut thereof every other morning fasting.

An Oyntment to heal any bruise or wound.

Take Sage, Self-heal, Smallage, Southernwood, Plantain, Time, Ribwort, Rue, Parsley, Marigold-leaves, Mercury, Wormwood, Betony, Scabious, Valerian, Comfrey, Lions-tongue, Buck-horn, of each one handfull, wash them clean, and put them into a Sieve to drain all night, and when they are dry, chop them very small, and put to them two pounds of unwashed Butter well beaten, then boil it till half be consumed, then strain it into the pot you mean to keep it in. It is also good for swollen Breasts. *May* is the best time to make it in.

For

*For a Bruise in a womans breast that
is hard swoln.*

Take Wood-lice, and dry them between papers before the fire, and make them into fine powder, whereof take as much as will lie on a three-pence in a spoonful of Gout Ale: do thus first and last for three weeks together, and after you may take twice a week, till you finde the Breast well. But you must be sure to keep a white Cotton fried in Goose grease to it constantly, though you leave taking the said powder, untill you find the Breast cured. This hath cured Breasts that should have been cut off.

*A Medicine for a child that cannot hold
his or her Water.*

Take the Navel string of a child which is ready to fall from him, dry it and beat it to powder, and give it to the Patient childe-Male or Female in two spoonfuls of small Beer to drink fasting in the morning.

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A. R. C.

Shred two handfuls of Rosemary-flowers, and boil them in a quarter of a pint of *Aqua vite* a little together. At night when you go to bed, and in the morning you must have two little pieces of white Cotton, and take some of this liquor, and set it on the embers in a dish, and put in one of the pieces of Cotton, and when it is hot, wring out the liquor, and lay it to the grief. Do thus three times evening and morning; keeping the last piece of Cotton to the grief all night, and so all day.

An Electuary for the Liver.

Take Cichory roots, wash and rub them very dry in a cloth, then slit them and take out their pith, and cut them in small pieces, of these roots thus ordered take eight ounces, and beat them small in a Mortar, and put to them two ounces of Currans well washed and dry rubbed in a cloth, and beat them well together, put one ounce of the best grated Rhubarb, and half a pound

pound of double refined Sugar, beaten to powder, and beat all well together in the Mortar to the consistence of a well-formed Electuary, and keep in a galley-pot for your use close covered. Take as much thereof as a Walnut in the morning fasting, and as much at four a clock in the afternoon.

A purging Ale for the Liver.

Take Scurvy-grass six handfuls, Brooklime, Water-crelles, of each three handfuls, Agrimony, Speed-wel, Liverwort, of each two handfuls, Fennel and Parsley roots, of each three ounces, Horse-radish two ounces, Monks Rhubarb one pound, all well picked, washed and bruised; then put to them Sena five ounces, Polypody of the Oak four ounces, Nutmegs bruised two ounces, Fennel-seed bruised one ounce, Liquorish slit and bruised two ounces, Sassafras cut small three ounces: put all these in a bag or boulder, and hang it in five or six gallons of second Ale, and after five dayes infusion, drink thereof half a pint every morning fasting, and walk upon it.

A Medicine for the Stone.

Take the Pulp of Cassia Fiftula newly drawn one ounce and a half, Rhubarb in powder one dram and a half, Venice Turpentine seven drams, Liquorish half a dram, Species of Diatrageacanthum Frigidum one scruple, mixe them well together with a sufficient quantity of Marsh-Mallows; and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of posset drink; use it three mornings at every new Moon.

For the Whites and Heat in the Back.

Take three or four Nutmegs, and put them into the middle of a brown loaf, set it in an Oven, and when it is baked take out the Nutmegs, and every morning for nine dayes one after another, beat the white of a new laid Egge to water, then put to it of Plantain and red Rose-water, of each four spoonfulls, and grate into it some of the said Nutmegs, and sweeten it with a little Sugar, and drink it off.

Syrup

Syrup of Ale for the same Disease.

Take a gallon of new Ale-wort of the first running, and hang it over the clear fire in an Iron Pot, and scum it till no more will rise, and when it is boiled to a pint take it off, and put it into an earthen pot with a cover, and take a little thereof on a Pen-knives point every morning and evening.

An excellent artificial Balsam.

Take Conduit-water and Oyl-Olive, of each one quart, Turpentine four ounces, liquid Storax six ounces; put them in a Bason, and let them stand together all night, the next day melt half a pound of Bees-wax on the fire, and put to it Rosemary, Bayes and sweet Marjoram, of each one handful shred small, and also Dragons blood, and Mummey, of each one ounce made small, and let them boil in the wax awhile: then put into the Bason Oyl of Saint Johns-wort and Rose-water, of each two ounces, and boil it together a little more, then put in some natural Balsam

sam and red Sanders pulverised, and let it boil a little, then strain it into a bason, and when it is cold make a hole in it with a knife to let out the water, & so dissolve it on the fire, and put it up for your use.

The Vertues and Operations of this Balsam are,

1. It is good to cure any wound inward; if inward, squirt it in, or apply it with a tent: if outward, anoint the place.

2. It healeth any burning or scalding, bruise or cut, being therewith anointed, and a linnen cloth or lint dipped therein laid to the place warm.

3. It takes away any pain or grief, that comes of cold and moisture in the bones or sinews, anointing the place grieved with this Oyl heated, and a warm cloth laid on it.

4. It cureth the head-ach, only anointing the temples and nostrils therewith.

4. It is good for the Winde Cholick, or Stitch in the sides, applied thereunto warm with hot clothes four mornings together every morning a quarter of an ounce.

And many other cures it doth, &c.

To

To make Green Oynment.

Take Rue and Sage, of each one pound, Bay leaves and Wormwood, of each halfe a pound, Melilot, the Hearb and Flowers of Cammomil, Spike, Rosemary, red Rose leaves, Saint Johns-wort, and Dill, of each one handfull, chop them first very small, then stamp them, and put thereto the like weight of Sheeps Suet chopt very small, and stamp them all in a stone Mortar to one substance, that all be green and no Suet appear. Then put it into a large earthen pan, and pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance; then cover the pan with paste close, that no air enter, and let it stand seven dayes, then open it and put it in a fresh pan, and set it on a soft fire alwayes stirring it till the hearbs begin to grow parched, then strain it into a fresh pan, to which put the Oyls of Roses, Cammomil, white Lillies, Spike and Violes, of each one ounce, stir them well together, and keep it in a glass close stopt for your use.

An Electuary for the passion of the Heart.

Take Damask Roses half blown, cut off their whites, and stamp them very fine, and strain out the Juyce very strong, moisten it in the stamping with a little Damask-Rose-water, then put thereto fine powder Sugar, and boil it gently to a thin syrup; then take the powders of Amber, Pearl and Rubies, of each half a dram, Ambergreese one scruple, and mingle them with the said syrup, till it be somewhat thick, and take a little thereof on a knifes point morning and evening.

A drink for a hot Feaver.

Take Spring-water and red Rose-water, of each one pint and a half, the juyce of three Limons, and white Sugarcandy one ounce, and mixe them together, and give the Patient thereof six or eight spoonfulls at a time often in a day and night, untill the unnatural heat be extinguished.

For

For the Cholick.

Take equal portions of Honey and Wine, put them on a fire, and put thereto ground Wheat-meal, and a pretty quantity of bruised Cummin-seeds, and as much Sorrel, boil all together for a pretty while, then put them into a linnen bag, and apply it to the belly as a plaister. Or take a pretty bundle of Time, and boil it with a little slice of Ginger in a pint of Malmsey till the third part be waisted, and drink thereof as warm as you can.

For stopping of the Urine.

Take the shels of quick snails, wash them and dry them clean, and beat them into fine powder; whereof take a pretty quantity in White-Wine, or thin broth.

For the Stone in the Kidneys.

Take a pottle of new Ale, and as much Rhenish Wine, and put into it two whole Limons sliced with the peels

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and all, and put to them one Nutmeg beaten, and two handfuls of Scurvey-grass beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised; put all together in a litle stand with a cover, and after three dayes drink of it with a taste. It is also good against the winde Cholick, proceeding from the Stone.

To make Hair grow thick.

Take three spoonfuls of Honey, and a good handful of Vine sprigs that twist like Wire, and beat them well, and strain their juyce into the Honey, and anoint the bald places therewith.

For the Rhume or Cough in the Stomach.

Take a pint of Malmsey or Muscadine, and boil it in five ounces of Sugarcandy till it come to a Syrup, and in the latter end of the boiling put to it five spoonfuls of Horehound distilled water, and so suck it from a Liquorish stick bruised at the end. Use this onely to bed-ward.

For the Sciatica.

Take a pound of yellow Wax, fix spoonfuls of the juyce of Marjoram and red Sage, two spoonfuls of the juyce of Onions, of Anniseeds, Cloves, Frankincense, Mace and Nutmegs, of each one penniworth, and as much Turpentine; boil these together to the consistence of a Salve, and so apply it.

For the Piles.

Roast quick Snails in their shells, pick out their meat with a pin, and beat them in a Mortar with some powder of Pepper to a salve; then take the dried roots of Pilewort in powder, and strew it thin on the Plaister, and apply it as hot as you can suffer it.

To procure Sleep.

Chop Cammomil and crums of brown bread small, and boil them with white wine vinegar; stir it well and spread it on a cloth, and bind it to the soles of the feet as hot as you can suffer

fer it. You may adde to it dried red Rose-leaves, -or red Rose-cakes with some red Rose-water, and let it heat till it be thick, and binde some of it to the Temples, and some to the soles of the feet.

A good Purge.

Take Diacatholicon and syrup of Roses Laxative, of each one ounce, mix them well together in a penny pot of white Wine, and drink it warm early in the morning. This purgeth Choler, Flegm, and all manner of watry humors.

For a Fellon in a Joynt.

Dry Bay-salt, and beat it into powder, and mixe it with the yolk of an Egg, and apply it to the grieved place in the beginning, before the Fellon be broken: but if it be first broken, then take the juyce of Groundsel, the yolk of an Egge, a little Honey and Rye-flower, mix them well together, and so apply it.

To heal a fresh Wound with speed.

Take the leaves of Columbine, Nettles, Plantain, Ribwort, wilde Tarras, Wormwood, red Roses, Betony, Violets, of each one handful; wash them clean, and beat them well with the white of an Egge, and strain out the juyce through a cloth, to which juyce put the quantity of two Walnuts of Honey, and half an ounce of Frankincense; stir them well together, and put it in a box, and use it Plaister-wise. Or take Rosin, Wax, fresh Butter, Barrows grease well tryed, of each a little quantity, oyl them well, and put it into a basen of cold water, and work it with your hands into little rolls, spread it on a cloth, and apply it. If the wound be deep, tent it with lint.

For the pricking of a Needle or Thorn.

Take boulded Wheat-flower, and temper it with red Wine, boil them together to the thickness of a Salve; and lay it on so hot as you can suffer it. This will open the hole, draw

out the filth and ease the pain.

For to kill a Corn.

Take of the bignesse of a Walnut of Ale yeast that is hard, and sticks to the tub side, put to it a little dried salt finely powdered; work them well together, and put it in a close box, make a plaister of some of it, and binde it to the Corn.

For Bruises, Swellings, broken Bones.

Take Brook-lime, Chickweed, Mal-lows, Smallage, Groundsel, of each one handful, stamp them with a little Sheeps tallow, Swines grease, and Copin, put thereto wine dregs, and a little Wheat Bran; stir them well together over the fire till they be hot, so apply it to the place grieved.

For Burning or Scalding.

Take Goose dung, and the middle bark of an Elder tree, fry them in *May* Butter, strain them, and therewith anoint the burnt or scalded place.

To help Deafness.

Take a piece of Rye dough the big-
ness of an Egg, and of that fashion,
bake it dry in an Oven; cut off the
end, and with a knife cut out the paste
and make it hollow; then put into it
a little Aqua Composita, and stir it;
and so hot as you can endure it apply
it to the deaf ear till it be cold, you must
keep your head very warm. If both ears
be grieved, make two of them, and use
those three times.

For the Cholick.

Take half a sheet of white paper; an-
oint it all over with Oyl Olive, and
strew thereon gross Pepper, and so lay
it to the belly from the navil downward.

For the yellow Jaundies.

Take Pimpinell, Groundsel, Sheebroom,
with the tops, of each one handfull, boil
them in a quart of Ale till half be consu-
med; then divide it into three draughts,
and take it morning and evening.

For the Bloudy Flux.

Take Bean-flower, mingle it with Malmsey, and make a paste thereof, and bake it in an Oven like a Cake, but not too hard, and lay it upon the Navel of the Belly as hot as can be suffered, and wet it over with Malmsey, and keep it warm. It will help in three dayes.

A Drink to drive the Plague from the Heart.

Take a great Onion, cut off the top of it, and take out so much of the Core, as the bigness of a Walnut, which hole fill up with Treacle, put on the top again, and wrap the Onion in a piece of brown or gray paper, roast it thoroughly, and peel it, and trim it finely, and put it in a clean linnen cloth, and strain it hard into three Porringers, and drink the juyce so strained out: for it hath been found most excellent by often proof, not onely for the expulsion of the Plague, but also for the eradicating of all poison and venome.

The

The onely Receipt againſt the Plague.

Take three pints of Muſcadine, and boil therein a handful of Sage, and a handful of Rue, untill a pint be waſted. Then ſtrain it, and ſet it on the fire again. Then put thereto a penniworth of Long Pepper, half an ounce of Nutmegs all beaten together. Then let it boil a little, and put thereto three penniworth of Treacle, and a quarter of the beſt Angelica water you can get: keep this as your life above all worldly Treasure. Take of it alwayes warm both morning and evening a ſpoonfull or two, if you be already infected, and ſweat thereupon, if not a ſpoonful in the morning, and half a ſpoonful at evening in all the Plague time, under God truſt to this, for there was neither Man, Woman nor Childe by this deceived.

This is not onely for the Common Plague, which is called the Sickneſs, but for the Small-Pocks, Meaſles, and Scurfeits, and divers other Diſeaſes.

A good Almand Milk for the bloody Flux.

Take Mutton and boil it in fair water, and scum it very clean, then put to it a handfull of Borage leaves, as much Prunes, some Cinnamon and whole Mace, the upper crust of a Manchet; boil all these well till their strength be gone into the broth, then strain it through a Cullender, then take Jordan Almonds, and parch them as you do Pease, and let them boil two or three Walms, then strain them through a cloth, and season it well with Sugar and a little Salt, and let the Patient drink thereof at all times of the day. It is very Medicinal.

To take Fish by Angling.

Take Asa Fetida, Camphire, Aquavita and Oyl Olive, bray them together till they come to a soft Oyntment, hen box it, and anoint your baits therewith.

For an Ache or Swelling.

Take Catmeal, Sheeps suet, and black

black Soap, of each four ounces, boil them in water till they be thick, make a plaister of it, and apply it to the grieved place hot.

For a Childes Navil that comes out with much crying.

Take wax as it comes from the Beehive, let it not be altered, but onely strained from the Honey, then melt some of it in a Sawcer, and dip some black Sheeps wool in it, and binde it to the Navil.

For Womens sore Paps or Breasts.

Take Bean-flowers two handfuls, wheaten Bran, and powder of Fenu-greek, of each one handful, one pound of white wine vinegar, three spoonfuls of Honey, three yolks of Eggs ; boil all till they be very thick, and lay it warm to the Breast. This will both break and heal it. Crush out the matter when you change the Plaister. Or take Oyl of Roses, Bean-flower, and the yolk of an Egg with a little Vinegar, set it on the fire till it be lukewarm

warm and no more, then with a feather
anoint the fore places.

For an Ague in Womens Breasts.

Take the leaves of Hemlock, fry
them in sweet Butter, and as hot as may
be suffered apply it to the Breasts, and
lay a warm white Cotton on it, and in
short time it will drive the Ague out of
them.

*To draw Rhume from the Eyes back
into the Neck.*

Take twenty Catharides, cut off
their heads and wings, and beat their
bodies into small powder, which put
in a little linnen bag, and steep it all night
in *Aqua vita* or Vinegar, and lay it to the
Nape of the neck, and it will draw some
blisters, which clip off, and apply to them
an Ivy or Cabbage leaf, and it will draw
the Rhume from the Eyes. Or roast an
Egge hard, cut it in half and take out the
yolk, and fill either side with beaten Cum-
min-seed, and apply it hot to the Nape
of the Neck.

For

For a Canker in the mouth.

Take a pint of strong Vinegar, Roach Allum the bigness of a Walnut, as much English Honey as will sweeten it, and boil it in a skillett, put it up in a close stoppt glass, warm a little of it in a Sawcer, and therewith wash the mouth often, and lay some lint wet in the same warm liquor upon the places.

To make a sweet Breath.

Take the dried flowers and tops of Rosemary, Sugarcandy, Cloves, Mace and Cinnamon, of each a like quantity dried and beaten into fine powder; then take a new laid Egge, and put of the powder into the Egge, and sup it off fasting in a morning; do so seven dayes one after another, and it will sweeten the breath.

For an old Sore Leg.

Take the whitest hard Soap you can get, scrape a quantity thereof into a Sawcer, put to it some Deer suet, and boil

boil them on the fire, then spread it on a clean linnen cloth, and lay it to the fore morning and evening, and in a short time it will heal.

For a Stitch in the Side.

Take a piece of white leavened bread, and toast it on both sides, then spread one side thereof with the best Treacle you can get, and cover it with a fine linnen cloth, and so lay it to the grieved place.

A most excellent Salve for a Wound.

Take a good quantity of the tops of Maiden or unset Hyssop, shred them small, and beat them very small in a Mortar; then take Oyl Olive and clarified Honey, of each one spoonful, put thereto half a handfull of wheat-flower, compound them together cold; and make it up into a fine Salve, which use to the purpose aforesaid.

A Pulstess to ripen any Bile or Impostume.

Take a Lilly root and roast it in the
Em-

Embers in a brown paper, then take Figs and pound them small, and Fennugreek, and Linseed, of each a like quantity: when the Lilly root is roasted, pound it very well, then boil all therein new Milk from the Cow, till it be so thick that a spoon may stand upright in it, and stir it alwayes in the boiling, and put to it some Barrows grease and apply it to the place grieved.

To encrease Womens Milk.

Take Fennel-seeds bruised, and boil them well in Barley-water, whereof let wet Nurses and Suckling Women drink very often, in winter warm, in summer cold, and let them beware of drinking much strong Beer, Ale or wine, for they are hot, and great driers up of Milk; and so are all Spices, and too much salt or salt mear.

To keep Iron from Rusting.

Take lead filed very small, and put so much Oyl Olive upon it, as will cover it in a pot, then make your Iron very clean first, and anoint the Iron with the
said

said Oyl, after it hath stood nine dayes, and it will never rust.

To make Golden Colour without Gold.

Take the juyce of Saffron flowers, when they are fresh on the ground, but if you cannot get them, then take Saffron dryed and powdered, and put to it Yellow and Glittering Auripigment, that is scalie, and with the Gall of a Hare, or Pike fish, which is better, mixe them together; then put them in a glass Vial close stopped, which set in a warm Dunghil for certain dayes, then take it out, and keep it for your use.

To make Golden Letters without Gold.

Take Auripigment one ounce, fine Crystal one ounce, beat them to powder severally, then mixe them, and then temper them with the whites of Eggs, and so write with it.

To make Silver Letters without Silver.

Take Tin one ounce, Quicksilver two ounces, melt them together, then
beat

beat them well with Gum-water, and so write with it.

To make the Face fair.

Take fresh Bean Blossoms, and distill them in a Limbeck, and with the water wash your face.

A Wound Drink.

Take Southernwood, Wormwood, Bugle, Mugwort, White bottle, Sanicle, Plantane, Dandelion, Cinquefoil, Ribwort, Wood-Betony, Clary-roots, Avens called Hearb Bennet, Hawthorn buds, Agrimony, Oak leaves and buds, Bramble buds, wilde Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfrey, of each twenty handfuls; gather them in *May*, and dry them in a room without much fire, turn them often, that they may not become musty; and when they are dry; put them up in Canvas bags severally. Then take of these severall hearbs so dryed, of each three handfuls, and put them into two quarts of running water, and one quart of white-Wine, boil them to three pints, strain the liquor from the hearbs,
and

and put thereto one pint of Honey, which boil again, taking away the froth, then strain it, and keep it in a glass bottle close stopped, and take thereof in the morning fasting, and at night last, two or three spoonfuls at one time. This water will not continue good above three or four weeks at the most. It cureth old sores, green wounds, Impostumes, Fistulas, and stancheth bleeding. Tent no wound, but search and cleanse it in a tent, and cover the place with a clean cloth. During the cure, the Patient must keep a spare diet, and abstain from wine and strong drink.

For Worms in Children.

Take three pound of Prunes, - Sena one ounce and a half, sweet Fennel-seed one ounce and a half, Rhubarb half an ounce; tie all these in a bag with a stone to it, and put them into a great quantity of water, then put the Prunes on the top, and let it stew six or seven hours, till the liquor be even with the Prunes; so drink of the liquor two or three spoonfuls, and eat of the Prunes in the morning fasting, and at four a clock in the afternoon.

A Green Salve.

Take one pound of Butter, Bees-wax five ounces, Rosin one pound and a half, Frankincense four ounces, Oyl of Bayes two ounces, Deer suet one ounce and a half, Verdigreese one ounce and a half, boil the Butter a little, then boil the VVax in it, and stir it now and then, take it off the fire, put in the Oyl of Bayes, set it on the fire again, then put in the Deer suet, and let it boil one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdigreese powdered, then strain it into pots, and keep it for your use.

A Receipt for the Kings-Evil, Fistula, sore Breasts, Legs, or other sores.

Take Samnil, Agrimony, Avens, wilde Bugle, red Dandelion, VVood Betony, Ribwort, wilde Clary roots and leaves, Mugwort, Plantain, VVormwood and Bugle beaten and bruised, of each two handfuls, boil them in six quarts of white - Wine untill their vertue be extracted very softly, then with
your

your hand squeeze all the juyce out of them into the Wine, then strain the liquor out, and set it on the fire, and clarifie it with so much Honey as will make it dainty, pleasant, and not sharp; then let it boil a little more, and when it is cold, put it in bottles close stopped, and it will last a year, whereof give the Patient six spoonfuls at a time, in the morning fasting, and at four a clock in the afternoon.

To ease Womens Child-bed throws that are taken with cold a week or two after their Delivery.

Take one or two spoonfuls of Oyl of sweet Almonds newly drawn, either in Posset drink, or in a Caudle warm morning and evening it will help.

For Womens sounding fits after delivery of Child.

Take the powder of White Amber as much as will lie on a three-pence, and give it in Mace-Ale warm.

An

*An approved Medicine to speed a Womans
Delivery in difficult Travel, and to send
out the after-burthen safely.*

Take Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two scruples, Castoreum one scruple, Borax half a scruple, Saffron five grains, powder and mixe them, whereof give one dram at a time in white-Wine and Sugar, and sweat after it. This hath been often tryed with much good successe.

An approved Medicine for the Megrum.

Take one spoonful and a half of the white of an Egge beaten very clear, white - Wine Vinegar one spoonful, of Pepper and Frankincense, of each two drams powdered, and one spoonfull of Honey, mixe them with so much Wheat flower as will make it into paste, whereof make two plaisters, and lay them to the Temples of the head, and change it duly every morning and evening.

For

For to ease Head Pain.

Take red Rose leaves dried, mixe them with VVheat-flower, Vinegar, Oyl of Roses, and some Mousleek, boil them till they be thick, spread it on a linnen cloth, and lay it to the Forehead and Temples, and it will ease the pain.

To cure a Shock Dog that hath the Mangie.

Take four ounces of Tar, mixe it with some fresh greefe, so as it may run; then put to it some Brimstone-powder half a spoonful of Gun-powder powdered, and two spoonfuls of Honey, mixe them well, and therewith anoint the Dog; in the summer time tie him in the hot Sun, that the Oyntment may soak into him, in the winter time lay him on thick fresh Hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing will cure him.

To

Dr. Goffes Receipt to preserve a Woman with child from miscarrying, and abortion.

Take a Fillet of Beef half roasted hot from the fire, then take half a pint of Muscadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Grains of Paradise and Nutmegs, of each half a dram, and make thereof a Sawce, then divide the Beef into two pieces, and wet them in the Sawce, and bind the one piece to the bottom of the womans belly, and the other to the reins of the back, as hot as may be suffered, and keep them on twenty four hours at the least, and longer if need be thereof.

For any Pain in the Stomach.

Cut a piece of new Scarlet in the shape of a Heart, put it in a pewter dish, and wet it with strongest Cinnamon, or Wormwood water, then set it on a Chafing-dish of coals, and cover it close, and when it is dry, wet it again, which do so often, untill the sent of the hot water be strong in it, and lay it very hot to the Stomach,

H

and

The Pearle of Practice. Choice

and renew it once or twice in a week.

For the Winde in the Veins.

Take powder of Liquorish, Caroway-seed and Sugarcandy beaten small, of each an equal quantity to your taste, to which put Rhubarb in powder, a third part or more, with as much Cream of Tartar pulverised; put it in a box, and keep it in your pocket, and eat as much of it as will lie on a six-pence, twice or thrice in a day for a week together. This will gently purge you, cool the blond, and expel the Winde out of the Veins. This hath holpen those that have not been able to go.

*An excellent Sear-cloth for a Bruise,
Strain or Wound.*

Take one pint of Oyl-Olive, red Lead eight ounces, Virgins Wax four ounces, Oyntment of Populeon four ounces, the Oyls of Roses and Camomil, of each one ounce, set the Oyl on the fire, then melt the Wax in it, then put in the Populeon and Oyls, and when

when all are melted, put in the red Lead, stir them well together, and let it boil till it be black, then dip in your clothes, and apply them to the places ill-affected.

Mr. Lumleys Chirurgeon. His Pippin drink for a Consumption.

Take the thick paring of six Pippins, boil them in three pints of Spring-water to a quart, then sweeten it with Sugar-candy, whereof drink the quantity of a Wine glass when you go to bed. In a Feaver it is very good with a little Syrrup of Lemons.

An approved Medicine for the Spleen.

Drink for three mornings together pure Whey, as it comes naturally from the Curd: the first morning two pints, the second morning three pints, the third morning four pints. The best exercise after it is gentle riding.

A rare Balsam.

Take Venice Turpentine one pound,
H 2 wash

wash it four times with fair water, and as many times in Damask Rose-water, till it be as white as snow, then take an earthen pot of a Gallon, make a hole in the bottom of it, which stop with a cork and a rag, and tie a string about the cork, into which pot put five pints of pure Oyl-Olive, and three pints of Spring-water, boil this half a quarter of an hour, then melt eight ounces of yellow wax in a skillet, which put to the Turpentine in the pot, take it off the fire, and stir them together with a spoon, till they be well mingled, then pluck the cork out of the earthen pot, and let out all the water in a platter, and the Oyl and the Turpentine into the wax in a large bason, and set them over the fire stirring them well, then pour all out into a large earthen pan, and when it is through cold, melt it again on the fire, so that it will slip out, then pour out the water in the bottom, and melt it again on the fire, stirring all well together, and so put it up into Gallipots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.

The

The Vertues of it.

1. It is good for any inward wound squirted warm into it, and outwardly to i on fine Lint, and anointing the place. It also preserveth the wound from inflammation and putrefaction.

2. It heals any bruise or cut being first anointed therewith, and then a piece of lint dipped in it, and laid to the place.

3. It cures all burnings and scaldings.

4. It helps the Head-ach, anointing Nostrils and Temples therewith.

5. It expellerh the wind Cholick, or fitch in the side, being anointed and applied four monings with warm cloths, and every morning bathing it before the fire a quarter of an hour.

6. It helps a Surfer, taking one ounce thereof in warm Sack.

7. It preserveth from the Plague, one-ly by anointing the Lip and Nostrils therewith before the party goeth abroad in the morning.

8. It is good against Cancers and Worms, applied as before for a cur.

9. It helps digestion and keepeth

from Vermin, if the Navel or Stomach be anointed therewith, before the party goeth to bed.

The Operator that made it, healed himself being sorely scalded.

To cure the Rickets in Children. Approved.

Take a quart of new Milk, put into it one handful of Sanicle, boil it half away, and give it to the Patient child to drink in the morning for a breakfast, and let it not eat any thing for an hour or two after it: and at night take a quart of Milk, and one handful of red Mints, boil it half away as before, and let the Child eat it last at night. This continue for a moneth, or longer, as occasion is. This quantity of Milk so made will serve for twice.

An Unguent to anoint the Ricketed Childs Breast.

Take fresh Butter, Sanicle, red Mints, of each one pound, stamp the Hearbs very small, then mixe it with the Butter to a perfect Unguent, and therewith anoint the childes Breast every morning

ing and evening before the fire; you must anoint it from arm to arm, that it may open the breast, and also anoint the gullet bones, that they may open, for in this disease they will seem to close.

To anoint the Ricketed Childes Limbs, and to recover it in a short time, though the Childe be so lame, as to go upon Crutches.

Take a peck of Garden Snails, and bruise them, put them into a course Canvas bag, and hang it up, and set a dish under to receive the liquor that droppeth from them, wherewith anoint the Childe in every Joynt which you perceive to be weak before the fire every morning and evening. This I have known made a Child that was extream weak to go alone, using it onely a weeks time.

For an Ague, a Plaister.

Take strong leaf Tobacco six drams, Currans a small handful, and as much Bores grease as will make it into a salve, by beacing and stamping together in a

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Mortar

Mortar of stone; when it is beaten to a salve, take two pieces of sheeps leather, and spread the salve an inch thick on both of them; and lay them upon the veins of both wrists twenty four hours before the fit cometh. This will cure either a quartane or tertian Ague.

A dainty cooling drink for a hot Feaver.

Take French Barley one ounce, boil it first in a quart of fair water a good while, then shift it, and boil it in another quart of water a good while, shift it again, and boil it in a pottle of running Spring water to a quart, then take two ounces of sweet Almonds, lay them to soak all night, then stamp and strain them into the last Barley-water; put to it four spoonfuls of Damask Rose-water, the juyce of one Limon, and with Sugar sweeten it to your taste, drink of this often in the night, or when you are dry or hot.

To clear the Stomach, and comfort it.

Take a pint of Sherry Sack, put in it two ounces of Jean Treacle, and
four

four ounces of white Sugarcandy, boil them into a Syrup with a soft fire, and take one Spoonful in the morning fasting.

A Plaister for the same.

Take a red Rose Cake, and roast the upper side of it at the fire, stick it thick full of Cloves, and dip it in a little quantity of *Aqua vita* and white Wine-Vinegar, warmed very hot in a Chafing-dish of coals, lay it to the Stomach as hot as can be suffered, and bind it fast on all night.

For a Rupture.

Take a sheet of Cap Paper, wet it in water, and fold it so wet, and lay it upon the Rupture, the party lying upon his back, but close up the Rupture first with your fingers, and so bind it down untill it be dry, and then it will hold and grow with the flesh: you may wear a Truss upon it if you will.

To procure a speedy Deliverance to a Woman in Labour with Child.

Take a pint of Ale, and boil it, and put to it a Womans Milk to make a Posset of it, and let the Woman in Travel drink it; this hath procured easie and speedy Deliverance to divers women in Child-birth.

To cure a great Flux, or Loosness of the Belly.

Take a hard Egge, and peel off the shell, and put the smaller end of it hot to the Fundament or Arse-hole, and when that is cold, take another such hot, fresh, hard and peeled Egge, and apply it as aforesaid.

Far to strengthen weak Eyes; Mr. Stepkins.

Take one pint of red Rose-water, Sugarcandy one ounce, Lapis Tutia two drams, both finely pulverised, put them into the Rose-water, and stir them well together; and after it hath stood twenty four hours, wet a bit of new clean sponge

sponge in the said water, and wash the fore eyes therewith lying backward, and when the water is almost spent, put into the glass more red Rose-water.

A rare Oyl, or Saint Johns-wort.

Take a quart of Oyl-Olive, one pint of White-wine, two handfuls of Saint Johns-wort stripped seeds and all, bruise them, and put them into the Oyl, and put to it Oyl of Turpentine two ounces; put all into a great double glass close stopped, and set in the Sun ten dayes; then put the glass, with all that is in it, into a Kettle of water, with some hay or straw in the bottom, and let the water boil gently for ten or twelve hours, then strain the Hearbs from the Oyl, into which Oyl put as much fresh Saint Johns-wort and seeds bruised, and let it stand ten dayes more in the Sun: this Oyl will be then of a deep red colour, and will last seven years; it is good to heal any wound, the venemous bitings of Dogs or Serpents, and for Sprains.

A Glyster for a hot Feaver.

Take one handful of French Barley, boil it a while in water till it be red, then pour off the water, and put the Barley into a quart of running water, with Mallow and Strawberry leaves of each one handful, a few dried Cammille-flowers, and a spoonful of Anniseeds bruised, then boil it half away, and strain it out, put to the liquor a Sawcer of Oyl-Olive, and four ounces of brown Sugar, with four spoonfuls of Syrup of Violets, use it something more then lukewarm.

*An excellent Drink to keep ones
Mouth moist.*

Take of Rosemary, Cinquefoil, and a stick of Liquorish bruised, see the them in a quart of fair water till half be consumed, then strain it from the hearbs, and put in Sugarcandy, and let it see the a while again, and then take it off the fire and let the Patient drink thereof cold or lukewarm.

To stay Vomiting.

Seethe a good quantity of Cloves in Ale very well, that it may be strong of the Cloves, then sweeten it with Sugar, and drink it warm.

An excellent Receipt for Swounding, and bringing quickly to Life.

Take of the common round black Pepper, and bruise it a little, and take half a sheet of white paper, and fold it up together, and between every fold strew some of the same, and burn the one end thereof in the fire, and hold it to the Nostrils, it is very good.

Against Fainting.

Take of Amber and scrape it, and put it in a spoonful of hot broth, and take it in the morning fasting, or at other time when you find your self faint, and fast an hour.

Dr.

*Dr. Lukeners Medicine to strengthen
the Back.*

Take a pottle of fair water, and a Cock Chicken, then take three French Crowns weight of Sassafras, as much of China wood, one dram of Orange roots, one dram of Marsh-Mallow roots, scrape and cut all these in small pieces, and put them in a close Pipkin, and paste it fast, that no air come out; and let it stand twenty four hours upon the fire and stew, but never boil; then open the Pipkin, and put in one French Crowns weight of Fennel-seed, and red Rose leaves, Borage, Bugloss, and Rosemary flowers, of each a small quantity, of Prunes and Raisins of the Sun each a handful, the bottom of a Manchet, boil all these together very well, till it come to a pretty thick broth, then strain it, and let the Patient take of this a reasonable draught at eight in the morning, and at four in the afternoon three dayes together.

To hold Urine.

Take the Claws of a Goat, and burn them to powder, and let the sick use hereof in their pottage a spoonful at once, it will help them.

To stay Loosness.

Take Sage, and dry it on the fire between two dishes, and then put it in a linnen bag, and sit upon it as hot as you can suffer it, and continue it till you find ease.

A singular Medicine that the Points of the Small Pocks be not seen.

Take a fat piece of Beef being thoroughly powdered, and boil it a great while, then take a good quantity of the fattest broth, and strain it, and put thereto a quantity of red Rose-water, and beat them well together a good while, and when the Pocks begin to itch, anoint two or three times a day herewith till they be clean gone, and when the party is thoroughly well, let them

them take the broath of lean powdered Beef, and mingle it with white Wine, and so let them wash their Face therewith, and it shall bring it to smoothness and colour, as it was before; in any wise keep not the throat nor face too hot.

To dry up the Small Pocks.

Take half a pint of new Cream, and as much Saffron as will make it of a deep Saffron colour, and boil together half a quarter of an hour, and keep it in a glass, and when the Pocks begin to wheal, warm some of the Oyntment in a Sawcer, and anoint them with a feather twice a day till they be dried up.

*Dr. Eaglestones Cure for the Small Pocks
or Measles.*

Take a quart of Ale or Beer, and see the it in a skillet, and put thereto a good handful of Fennel, and six or seven Figs scraped, and cut it in pieces, two good spoonfuls of Aniseeds, and a little Saffron, put all these to the drink, and let them see the together till the liquor be more then half consumed, and in the
see.

seething scum it clean, and strain it into a bason, and when it is cold, make a Posset of the same drink, and use to drink this often warm, and it will cause the disease to come forth.

A most excellent Medicine that the Small Pocks be not seen in the Face.

When the smallest Pocks are cleanly come forth, and that they begin to dry, take Sperna Ceti, and warm it in a Sawcer, and with a feather anoint all the places oftentimes in the day, as often as it dryeth up, that no point of the Pocks or any other spot shall be seen.

To keep the Small Pocks out of the Throat.

Take a little Saffron, and dry it by the fire, beat it into powder, and so boil it with a little Milk, and drink thereof morning and evening, and it is excellent both to keep them out of the Throat, and to bring them kindly out, that they be not within the body to endanger them.

An

*An Oyntment for the Small Pocks when
they begin to change at top, and to
prevent Holes. Proved.*

Take a piece of fat rusty Bacon, and
scrape away the outside very pure, then
tie it up to a spit, and set a pewter bason
with fair water underneath the same,
and let the Bacon drop therein, and
when the fat of it is dropped away,
then with a spoon beat that and the
water together a quarter of an hour,
then let it stand till it be thoroughly
cold, then put the water out, and put
the Lard into another dish of fair wa-
ter, so doing for four times, then af-
ter in like sort three times, with red
Rose-water, then putting the water
from it, being thoroughly cleared from the
salt, put it up in a Gallipot, when you will
use it melt it, and with a feather anoint the
Face day and night, once in a quarter of
an hour, till the Scabs be clean off, and af-
terwards as long as there remaineth any
scurfe.

To take the Small Pocks out of the Eyes.

Take a blade or two of the biggest Saffron, and put that and womans milk together, and so let it lie half an hour, and then with a feather anoint every quarter of an hour the out and inner sides of the Eye-lids round about as long as it is thought any Pocks will come out; this will preserve the Eyes from all danger: use the like to the Nostrils, that the breath be not stopped.

An excellent one for the Small Pocks when they have appeared, and the party taken Cold. Proved.

Take a good handful of Cammomil, and not the flowers but the leaves, then see the same, and make Posset drink thereof, and let it taste very strong of the cammomil, but take the curd away, then drink a good draught thereof very hot four or five times, or as often as need requireth, untill the Pocks appear again; this is also very excellent to stay any looseness in the body; if it should be too bitter, you may put a little sugar in it.

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A Medicine to drive out the Small Pocks.

Take of distilled Taragon-water eight spoonfuls, and put thereto six^m grains of Bezar or Unicorns horn, or for want of those two, put so much Saffron, but the other is the better: let it be warm, double the portion as you see cause, taking nothing an hour before, nor an hour after.

Another of the same, and to preserve from being infected.

Take a quart of new Milk, put thereto half a penniworth of English Saffron powdered, boil it till it be strong and yellow, give thereof a good draught warm in the morning fasting; take it every nine dayes three mornings together, mixed with Ivory and Harts-horn, of each a small spoonful. Use it as long as you fear infection.

Dr. Stevens for the Gout, proved.

Take two pound of Virgins Wax,
of

of Bores grease half an ounce, of Sheeps suet two ounces, of Neats-foot Oyl two ounces, of Plantane and Rose-water each two drams, of Spike-water one dram, of Dragon-water half an ounce, as much of Borage-water, and Dr. Stevens water, two Nutmegs, twelve Cloves, and some Mace of the best, beat them small together, and put them into a pot, and boil it over a soft fire, untill it become a Salve; then chafe the place where the party is grieved as hot as he may suffer, and then spread it on a fine linen cloth, and lay it upon the place six or eight dayes.

*The Countess of Mounteagles excellent
Medicine for the Cramp, proved.*

Take a handful of the Hearb called Perriwinkle, some of it beareth a blew flower, and some white, and also take a good handful of Rosemary tops, put them into a Pewter-dish, and set them upon coals, dry them and turn them very often, and when they are very hot, lay them upon the place that is so taken with the Cramp, and binde a cloth upon them, when you go to bed,
and

and this will help you, take it in the morning, and lay fresh at night.

*A Posset-drink for one that is Heart-sick
to remove it thence, though it be
the Plague.*

Take Ale and make Posset-drink thereof, and clarifie it, then take Pimpernel, and see the in it till it be strong of it, and drink often thereof.

Remedies against the Falling-sickness.

Take Powder of Harts-horn, drink it with Wine, it helpeth that disease: so do Ravens Eggs taken with the juyce of wilde Rue, and the juyce of Milletoe.

To avoid Phlegm.

Take clarified Posset-drink, and put thereto sweet Butter, the yolk of an Egge, and a little small Ginger, Hysop, red Mints and Sugar, let these see the all together; and drink thereof first and last as warm as you can suffer it.

A

*A very good means to stay a Looseness that
happeneth in Child-bed.*

First in the water you mean to use, quench a gad of Steel sundry times, then take the inward barks of the Sloe, of the Brambles, and of the young Oak, of each a like quantity, and so much as will suffice according to the liquor you intend to make; if you use three pints of water, a pretty handful of each bark will serve finely scraped; when they are well boiled, that one pint is wasted, strain your liquor, and make it into Almond Milk, with unblanched Almonds finely grown, then with well boiled Ivy thicken your Milk, and other Rice broth, and season it with Sugar and Cinnamon finely beaten, let the party forbear drink as much as may be, and eat thereof once in two or three hours, a little at once, as her stomach will serve. If she have any gripe in her Belly, I wish this to be used, which I know to be singular good for any stoppage by sudden cold in Child-bed. Gather a great deal of Cammomil, and heat it well between two
Char-

Chargers upon a Chafing-dish of Coals, and when the moisture of the Hearb is somewhat spent, strew in a handfull of bruised Cummin-seed, and sprinkle it now and then with a little Malmsey, and so being a-little dryish, put it into a thin bag, and apply it to the belly as hot as may be suffered, and as it cooleth warm it again, till she have ease: instead of Malmsey you may use Muscadine. This hath been many times proved.

For a Knock or Bruise in the Face.

Take a piece of brown paper, and wet it in Beer, and lay it where the knock is, and as it beginneth to dry, lay on fresh a good while together.

For a Wen.

Take Stone Lime and put it into water till it have done boiling, then take a quantity of it, and mixe it with some barrel Soap, laying them both on a cloth, let it be applyed to it, and it will eat away the Wen.

For

*Mr. Porter Chyrurgeon. His Cure for a
Man that is bursten.*

Take the roots of bake Fern, and the roots of Elecampane, of each a like quantity, wash and pare them clean, cut them as small as you can, and stamp them in a Morter as fine as you can, and temper it with Oyl of Bay, and two spoonfuls of Oyl of Exceter, and when you have made the Salve, spread it upon his Cod to his Belly, and lay the Plaister upon the hole, and remove it every two dayes, and then use another space of ten dayes, you must use another Salve or Plaister as followeth. Take a quarter of a pound of _____ and the white of three or four Eggs, and temper them together; and when they are well tempered, put in two spoonfuls of Pefcolinum, temper all these together, and use the same as you did the former salve; when you take off the Plaister, you must lay fine clothes under the bolster of the Truss, untill you think the skin be grown.

A Medicine to destroy Warts.

Take Radish root, and shred it thin,
I and

and put it in a pewter dish, and cast salt upon it, and cover it with another dish, and shake the slices up and down, and then take a piece thereof, and rub the Warts therewith, then throw away that, and use another so three or four times in a day.

To take away Corns.

Take Hogs Grease that is not tryed, and beat it with a Pestle, and spread it upon a piece of white Cotton on the rugged side, and binde it on the Corns, dressing it once or twice a day, and it will wear them away.

To take away Freckles or Morphem.

Take four spoonfuls of *May dew*, and one spoonful of the Oyl of Tartar, mingle them together, and wash the places where the Freckles be, and let it dry of it self, it will clear the skin, and take away all foul spots.

The

*The Lady Nevil for a sore breast, by cold
or festering of Milk.*

Take of Beans and Linseed, of each one little handful, dry them and beat them to powder, then take a quantity of Milk, and the Yolks of two new laid Eggs, and boil them together, then put in the powder of Beans and Linseed, and boil it to a Poultefs, and lay it to the breast as hot as may be endured, and it will both draw and heal it; dress it twice in a day.

*Dr. Soper his Water for a sore Eye, or any
Defect or Decay in the Sight.*

Take of red, or rather of white Rose-water half a pint; Lapis Celaminaris half an ounce, Lapis Lucius as much, beat them both to powder, and finely searse them, the dropping of Dale, Rhenish Wine half a pint, Honey half a spoonful, mixe whole Cloves, Plantain-water half a quarter of a pint, of the Drugs of Aloes as much as a Walnut beaten to powder, and finely searsed, shake them very well together half an
I 2. hour

hour or more, then let them stand twenty four hours before you begin to use it, stop it close, and it will be good a year, when you use it, you must put in a drop with a quill into the corner of the eye, and let the party lean back a quarter of an hour; use it morning and evening.

To take a white skin from the Eye that came by some blow, though a quarter of a year since.

Take the gall of a white Cock Chicken, and a drop or two of Life Honey, mingle them together in a Sawcer on a few Embers, and drop it three or four times a day into the Eye.

For breaking out of yong Childrens Heads.

Take Butter and Salt, and fry it together till it be black, and when it is cold, anoint their head. Or else take pure Sallet Oyl and Vinegar, and beat them together, anoint the place morning and evening till it be whole. Whey made with Agrimony and Scabious, and Wormwood, is excellent to clear the bloud.

*An excellent Medicine for a Scald, or
Burn newly done.*

Take Horse-dung newly made, or as new as you can get, and strain it through a thin old cloth, and therewith anoint the place two or three times a day, and every time dip the cloth in the Horse-dung, so strain it, and binde it to the Sore all day and Night, it will cure you.

*The Countess of Arundels Drink for
the Scurvey.*

Take of Fumitory and Scurvy-grass, that which grows by the Sea side, of each twelve little handfuls, of Brooklime three little handfuls, of Water-Cresses six little handfuls, wash and dry them very clean, and stamp them, and hang them in three gallons of strong Beer or Ale, when it is stale, drink a good draught in the morning, fasting an hour after, another an hour before dinner, and another half an hour before you go to bed: the more exercise you use after it the better, it is needful to

be well purged, before you take this drink or any other, use it three weeks or a moneth together; if you cannot have green Fumitory, use dry.

Paracelsus *his Plaister called Emplastrum Fodicationum Paracelsi, good for many Diseases herein mentioned, Translated out of Latine into English.*

Take of the four Gums, that is to say, Galbanum, Opoponax, of each one dram, Ammoniacum, and Bedellium, of each two drams, let them be beaten very small, and put them in an earthen pot leaded or glazed, pouring upon the same very good Vinegar of Wine, and let them so remain a day and night, then boil them in the same Vinegar upon a great fire, that the Gums may melt, and when they be thoroughly melted, pour out the same hot into a bag, wring or press the same, that they may be well cleansed from the dregs, which dregs must be cast away, take the said Liquor so strained out, and let it boil till the Vinegar be wasted, and utterly evaporated; in the boiling you must continually stir

stir it without ceasing, lest the Gums be burned, keep this very clean and covered, that nothing fall into it, then take Oyl-Olive two pound, new Wax half a pound, and let them be put into an earthen pot, well leaded or glazed of a sufficient bigness, set the same on a fire of coals, and let them melt at leisure, at the length put into it a pound and half of Lithargie beaten into very fine powder; stirring it continually with a stick or Spatula by little and little, untill it be throughly mixt together, and the matter be a tawny colour; afterwards take the aforesaid Gums that were first boiled, and put the quantity of a Nut into the said matter, and so by little and little at several times, put into it such like quantity of the Gums at each time, till the Gums be all put in, and mixt well with the other things, and melted. And you must take heed withall; lest the matter be overmuch heated; and boil over and run into the fire, for it is very hot of it self; afterwards put in the things following into it, of the two kindes of Aristolichia rotunda, Calaminaris, Myrrhe and Frankincense, of each one dram, beat them into fine powder,

der, that are to be made into powder, and put them into the said matter, and pour on it one dram of Oyl of Bays, and put therein lastly four drams of white Turpentine, boil them and stir them about continually with careful diligence, and when you will know whether it be sufficiently sodden, put a little thereof into cold water, and if it be not so soft that it cleave to your fingers, it is well, otherwise it must boil longer, then take it from the fire, and pour it into a bason full of water, and when it is well cooled, that you may handle it, anoint your hand with Oyl of Cammomil or Roses, and knead it well three or four hours, and so lay it up in a cleansed vessel, it will last above fifty years, and be then as good as at the first day it was made.

*The Vertues of the Emplaister out of
Paracelsus.*

It is good for old or new Sores, it dryeth, cleanseth, and breedeth good flesh, it confirmeth and comforteth, it healeth more in a week, then any other in a moneth, it will not suffer any Sore to putrefie or corrupt, or any dead or evil flesh to grow, for sinnews cut, bruised
or

or pricked with a Thorn or otherwise, it is most excellent; it draweth out of Wounds Iron, Wood or Lead, and other the biting of venemous Beasts; it cauſeth all kind of Impoſthumes or Biles to ripen, if it be laid thereon; and it is most excellent againſt the Canker and Fiſtula, the Shingles or Saint Anthonies fire; and also a ſoveraign and ſpeedy help againſt all paines, to aſſuage all aches, and for all kinde of wounds; also I *Thomas Potter* have found often experience, it is ſingular and ſpecial help for bones out of joynt, by laying one or two plaisters, or three at the moſt: I have healed in fourteen dayes Arms out of joynt, ſo that thoſe parties have ſaid they have had no pain nor weakneſs after. Also for thruſts you muſt not tent them, unleſſe they matter before you come to them, but onely lay of this over it, and two plaisters is commonly ſufficient to heal it, or any other ſore or ſwelling, but if dead fleſh be in a ſore before this Plaſter be laid on, it will not deſtroy it, but it muſt be pluckt out, but if it finde none, it will ſuffer none to breed. When you lay up this Plaſter, put it in oyled paper or

I 55 oyled

Oyfed leather, or both, it will keep it the better for over much drying, and you must lay it out of the Sun and Winde.

For the biting of a mad Dog, or stinging of an Adder.

Take a handful or more of Hazle-Nuts, a quarter as much of Rue, with a Clove of Garlick, stamp all these together, then take the juyce, and put a little Treacle to it, and if it be a man that is stung or bitten, give it him to drink in Beer, or Wine, or Ale; but if a-dog, give it in Milk; then take that from whence the juyce came, and binde it to the place which was bit or stung.

For the biting of a Snake.

Stamp Garlick, and lay it to the place that is bitten.

Dr. Lukeners, For one stung with wasps.

Make a little Plaster of Treacle, and lay it upon the place that is so stung, and it will help it.

An

*An Oyntment for a great or hard Belly, by
Ague, Worms, or Spleen.*

Take the finest common Wormwood, Garden Tansey, Featherfew, Lavender, Cotten, Souther-wood, Unset Leeks blades and all, Pearch Leaves, Herbgrace, of each one little handful, wash them and dry them, then take a good pound of Barrows grease, and stamp all in a wooden dish, then set them eight or nine dayes in a Sellar, or low place till they have a Hoar all over them, then break them all together, and put them in an earthen pot, and set them on a soft fire, and let them boil a good hour, then strain them through a clean cloth into a Gallipot or Glass, and so keep it for a precious Oyntment: it will last a year well; when you use it, you must warm it, and anoint the belly of the Patient morning and evening. Proved by Mistress Joyce, Widow.

*The old Lady of Oxfords Oyl of Excester
which is good for all manner of cold Gouts,
Sciatica, and all manner of Aches in
the Flesh and Bones, and also for Brui-
ses, proved.*

Take one pound of Cowslip-flowers,
picked out of their cases, gathered in
April on a fair day when the Dew is
gone, and soule them in Oyl-Olive, so
much as will cover them, let them lie in
it till June in a glass, then take Cala-
mint, Hearb John, Sage, Agrimony,
Southern-wood, Pellitory of Spain, Rose-
mary, Wormwood, Perniroyal, La-
vender, Cammomi, Hirse, Lawrel-leaves,
flower of Lillies, Pellitory and Fea-
therfew, the tenderness of the Ivy and
Broom-flowers, of each one little hand-
ful; stamp them altogether well, and
then infuse them in White-wine, so
that they may be covered all over there-
in, so let them remain fourteen hours
of fifteen, then put them in Oyl-Olive,
so that the liquor may near swim; so
boil it together upon a lost fire, and stir
it well till the rawness and wetness of
the Oyl be gone, then strain it through
a

a Canvas cloth into a pewter dish, or glass, for earth or wood will not hold it; and use it for a singular good Oyntment, and above all other approved, if there be any pieces in the pan which the said Oyl is boiled in, it will run out, after the hearbs are once hot, it must be continually stirred on a very little fire, no more then any Egg will abide without breaking.

*To make a Sear-cloth against Swellings
and Aches. Approved.*

Take Bloom flowers two little handfuls, red Bramble leaves one little handful, this Bramble beareth but three leaves together, and groweth low on the ground, take it off on the middle leaf, a piece of unwashed Butter, and pound the Hearbs aforesaid with two or three Cloves, and then boil them in Butter, and strain it, and take a piece thereof, with a little piece of Wax, and being melted together, make a Sear-cloth with it. Also take Oyl of Broom, bramble and butter, and temper it with a little Aqua vitæ; it is good against Aches, to be used and rubbed on the aches in the morning, but not at night.

The

The Lady Leonards green Oyntment.

Take red Sage leaves, and Rue of each one pound, the youngest Bay leaves and Wormwood, of each half a pound, gather these in the heat of the day, pick them, wash them not, cut them small, and beat them long in a fair Mortar, then take half a pound of Sheeps Suet hot from the Sheep, mince it small and put it to the hearbs, beat it together till it is all of one colour, then put all into a clean bowl, put to it a pottle of the best Oyl Olive, work all these well untill all become a like soft, then put it into an earthen pot well stopt for eight dayes, then with a soft fire seerhe it in a fair pan, put to it four drams of Oyl of Spike, when it is half sodden ; being sodden, grain it through a clean Canvas into clean Gallipots stopt close with Parchment and double Sheeps leather, anoint the place grieved therewith, rubbing it every day before you leave it, if you put a clean war n cloth after you have anointed the place thereon it is better : this is made only in *May*, and will last many years being close stopt, and cool kept.

*The Lady Smiths Remedy to bring a young
Childe when it is born.*

Take a little Coventry Blew Thred,
burn it, and hold it to the Childes Nose,
that the smoak may go up.

*To bring away the After-burthen, although
a day or two after the Delivery.*

Take Rie, and crede it as you do
Wheat for Furmity, and make a Caudle
of it, so let her drink a good draught
once or twice. This is proved.

*For one bound in body, though a Wo-
man with Childe.*

Take a pint of White wine, a quar-
ter of a pint of Damask Rose-water,
twenty Damask Prunes, forty Raisins
of the Sun stoned, a little whole Mace,
and a few Anniseeds tied in a cloth; let
all these boil leasurely together, and put
thereto either Sugarcandy or fine su-
gar, and when it is boiled to a syrup,
take out a little of it, and strain it through
a fine cloth with a little Manna, and put
into the syrup, and let it simmer toge-
ther

ther a good while, then put it into a glass, it will keep good a good while, as half a year; and when you have occasion to use it, you must take one of the said Prunes, and two or three Raisins, and eat them in the morning fasting, and take a spoonful also of the said Syrup fasting two or three hours after the same.

Dr. Atkinsons Glister for Winde.

Take Cammomil, Mallows, Violet leaves, Bert leaves, Bean and French Barley one little handful, of Fennel-seed and Anniseed each two spoonfuls; boil all these together with a Rack of Mutton, till the flesh be very tender; then take a pint of the fattest liquor strained and put into it two drams of the Oyl of Rue, or Oyl of Cammomil, and for want thereof a little dish Butter melted, two drams of couise Sugar, and one or two yolks of Eggs.

To bring away a dead child, or afterburden

Take Saffron, Mace and Cinnamon, beat them to powder, and searce them,
and

and take of the powder a just quantity, give as much as will lie upon the point of a knife in Ale, Beer, or one spoonful of what they best like.

A gentle Purge which taketh away a Tertian Ague, being given the fourth Fit. Proved.

Take a dram of Rhubarb, and infuse it in Succory-water six spoonfuls, three hours together on a very gentle fire, then strain it, and put it in half a dram of Syrup of Rhubarb, three spoonfuls of Syrup of Roses, and a spoonful of Cinnamon-water, take this fasting after the fourth fit when they are not sick; if this be too weak to purge a strong body, add thereunto two or three drams of the leaves of Sena, with a few Fennil-seed to quicken it more, if it be alwayes made with this addition, it is the better.

The Lady Gorings Water for an Ague, Sicknes, or foulness, in the Stomach, and to purge the Blood.

Take the Dung of a Stone-horse that is kept in the stable, when it is new made, mingle it well with Beer and a little Ginger,

Ginger, and a good quantity of Treacle, and distill it in an ordinary still ; give of this a pretty draught to drink.

*The Lady Gorings Remedy for a
Burn or Scald.*

Take Hogs Fat or Seam made of it, melt it, but let it not boil, put into it the white of a new laid Egg or two well beaten, and stir it continually on Embers, till it be like an Oyntment ; keep it for your use, anointing the sore twice a day with it.

*The Lady Gorings Remedy for a
Sharp Urine.*

Boil running-water with Liquorish, till it be something strong of it, boil also in it a Pippin or two, when it is boiled, put in also some brown Sugarcandy, drink of it every morning fasting a pretty draught.

For Deafness. Proved.

Take Linseed Oyl and *Aqua vite*, shake them together in a glass bottle, and set it in the Sun a moneth or five weeks, shake

shake it well every day, and when you use it, put a little into the ear, and stop it with a little black Wool.

An Approved Receipt to stop Bleeding at the Nose, Wound or Cut in man or beast.

Take the flax of a Hare, the Moss of an Ash-tree, and powder of Bole-armoniack, chop them together, and wet them a little with fair water, and put it into the Nostril that bleeds, and stir it not in twenty four hours; if it be of a cut or wound, look first if there be no little pieces of loose flesh or skin that hangs; if there be, clip it away, or else the blood will not stay then lay the aforesaid Medicine to it, and stir it not in twenty four hours.

The Lady Nevils Remedy for the Stone.

Take the hearb Aurea, or Gold Wire, dry it and keep it all the year, and every Full of the Moon take a spoonful of the powder in six spoonfuls of Milk, and water, and one of white Wine, or you may take it in Plantain-water, or Vervin-water, or any that is good for the

the Stone, it is also good to take it in the fit.

*The Lady Mildmayes Drink for
Cough or Cold.*

Take of Liquorish scraped and sliced, of Anniseeds rubbed and bruised, of Raisins of the Sun stoned, of Figs sliced, of Hyssop tops, of each one little handful, and a great handful of Coltsfoot ; boil all these in a gallon of running water, until two or three parts be consumed, then strain it, and stir it in three or four good Spoonfuls of Honey, take this in the morning fasting, at four a clock in the afternoon, and when you go to bed four Spoonfuls at a time warm.

*Mrs. Chaunce, her Receipt for the Spleen,
and Melancholy, the Preparative.*

Take of the roots of Parsley, Fennil, Bruscus, Sparagus, of each four ounces, the seeds of Fennil, Annise and Caroway, of each a dram and half, of the bark of Capers and Tamarisk, of each an ounce and half, of the leaves of Mugwort, Borage, Bugloss of each one little handful,

of

of Cetrach and Diſtamum each one little handful; boil all theſe things in three pints of Conduit-water, till half thereof be conſumed, then ſtrain it, and put to it Syrup of Harts-tongue, and Syrup of Succory, and Rhubarb in powder, or ſliced each four ounces, then let it ſtand all night, and the next day clarify it, and after put to it the ſpices of Le-tificans Galeni, and Diamuſcum Dulce, each two ſcruples, take of this in the morning faſting ſix ounces, and as much an hour before ſupper, take it thus two dayes together, then take the Purge following.

Mrs. Chaunce her Purge.

Take of Sena three drams, of Epithimum and Polypody of the Oak each two drams, of Fennel, Annife, and Caraway ſeeds, each a dram and a half, Cardus ſeed two ſcruples; boil them all in a ſufficient quantity of Conduit-water, untill it come to three ounces, then put to it of Rhubarb a dram and a half, infuſed in Succory water, of the Syrup of Auguſtanus, and Syrup of Harts-tongue each one ounce, to make a Po-tion,

tion, and take it three times, every third day take one of these, and take it at night when you go to bed, of Diascordium two scruples, of Alkermis dissolved in Borage-water one dram.

Mr. Powel, For the Stone and Cholick.

Take the quantity of half an Hazle-nut kernel and Mithridate, and so much black Sope, and mixe them together, and take a broad Onion, and cut off the top, and make it somewhat hollow, and put the black Sope and Mithridate in it, and cover it with the piece you cut off, wrap it in Paper, and roast it in Embers untill it be very soft, then put it between two linen clothes warm, and lay to the Navel and pin the clothes upon the back, so use, it till you find ease.

Mr. Rowland Haughtons Receipt for the cure of the Stone.

Take Arsemart, otherwise called red Shank, and distill it, and take it in the Evening when you are warm in bed to the quantity of half a pint, and the like in the morning a little before you rise.

rise, about some four times, then take Barberries, and take the outside Rinde of them, and beat them into very fine powder, and take every morning and evening, and drinke either a draught of the said Water, or small Beer after it: continue this, and it will cure you.

*For an Ague congealed, or fallen into a
Womans Breast.*

Take a quantity of Stone Honey, and the rustiest Bacon you can get, Smallage, Alexander, red Cole, Marigolds, with black seeds of Groundsel, Plantane, and Sage, of each a quantity; put all these in a Mortar and stamp them as small as you can, then lay the Salve upon a piece of white Leather, and to the place where you would have the Breast break; the Plaister must be spread upon the rough side of the Leather.

*An approved Medicine by the Lady Bray
for the Ague falling into any part
of the Body.*

Take of Parsley one little handfull, Smallage and Hemlock of each as much, chop them small, then stamp them and
put

put thereto a quantity of Barrows grease, and stamp them all together, then boil them a good space, stirring it continually untill it wax green, then strain it, and when you use thereof, take some in a Sawcer, and anoint the place with a feather against the fire.

The Lady Arundels especial Remedy for the Stone, Back, or Stomach, or to make a Woman Conceive.

Take the roots of Sea-holly (it groweth by the Sea-side, like little trees of half a yard long, some name them Evingoes) and make it in Syrup, and eat of it in the morning fasting, and at four a clock in the afternoon, and before you take it, take some gentle Pills, but once in the beginning.

The Lady Dacres Medicine proved, for the Stone and Strangury.

Take black Bramble-berries when they be red, Ivie-berries, the inner pith of Ashen Keys, Eglantine-berries, the Nut Keys, the roots of Filipendula, of all these a little, Acrons and the stones

of

of Sloes of each a like quantity, but not so much of either of these as half of any of the other, dry all these in platters in an Oven, till they will be beaten to powder, then take Cromel-seed, Anniseed, Saxifrage, Alexanders, Parsley, Corianders, Fennil-seeds, the seeds of each of these the like quantity of the first, and dried in like sort, then beat all together in the like sort to fine powder, then take Liquorish fair scraped the best you can get, as much in quantity as all these, and beat it fine, and mingle it with the powder, and keep it close from the wind, and so use it morning and evening with Posset Ale, with Time of the Mount boiled in it, make your Posset drink with White wine, or other drink, and when you eat any pottage or other broth, put some of the powder in it if you be sore pained, and if you have any Stone, it will come away in shiver, and if it do so when you drink, your water is clear, take this drink following, and it will leave no corruption or uncleanness in the bladder.

The Drink.

Take Rosemary and Wilde Time, and seethe them in running water with as much Sugar as will make it sweet; boil it from a quart to a pint, use the quantity of the Hearbs to your discretion, so that it may savour of them well, and use it nine mornings, six or seven spoonfuls at a time.

Mr. Eldertons Medicine for the extremity of the Cholick and Stone.

Take Ashen Keys, and dry them in an Oven, take out the Kernels from the Husks, beat them into powder, and searse them fine, and keep it; then take Eglantine-berries, dry and beat them as the other, then take of them with a feather, then searse it as above, take House-leek, dry and searse it as the other, take a little quantity of the three powders, and put them together, take Anniseeds, and Liquorish of each a little quantity, dry them severally and powder them, being fine searsed, put them with the other three powders, a little quantity of

of both, and take a spoonful of these powders or less, and mingle all together, and put into it three or four spoonfuls of white - Wine or Ale, and drink it in the morning, fasting one hour after it: thus drink it once in six dayes, or else when you are grieved; and you shall never find pain of the Cholicke nor Stone. The seed of great Nettles must be beaten to powder, and mixt with them, and it will be better.

For a Pin or Web in the Eye far gone.

Take the Marrow of a Goose-wing, and mingle the powder of Ginger therewith, dress the eye therewith two or three times a day.

A Medicine for the Eye Aching, or Redness thereof.

Take a Vial-glass, and fill it full of fair running water, and put into it fine Sanguis Draconis, the quantity of a Hazelnut, it will help the Eye.

For sore eyes that come from hot Humors.

Take Elder leaves, and chafe between your hands, and lay it to the nape of the neck.

For the Pin and Web in the Eye, so it be taken before the sight be quite extinct.

Take a little handful of three leaved grass, that hath the sign of the Moon in it, as much roots and leaves of Daisies, and seven or eight corns of Bay-salt, beat all these together, then straine them through a cloth, and take two new laid Eggs, and beat the whites of them a good while, then let them stand a quarter of an hour, and then take off the froth clean, and take the clear of the whites, as much as the quantity of the juyce of the said hearbs, then take the quantity of two Hazle Nuts of English Honey and stir them together, then let the party be laid upright, and drop three drops with a feather into the Eye, and lie still a good while after, this must be used at the least twice a day.

For red Eyes, Pearl, Pin or Web.

Take Verjuyce that is made of Grapes, and put it morning and evening into the sore Eyes ; some will put a little Salt with it.

Dr. Friers excellent Remedy for Heat and Pimples in the Face.

Take of Plantain leaves four little handfuls, and of Mallows or Tansey one little handful, of Cinquefoil half a little handful, and as much of Strawberry leaves, there must be this quantity of every sort ; when they are pickt clean, then take a pottle of new Milk hot from the Cow, and put it in a still with the same hearbs until it be dropped a quart, then let it drop no more ; you may keep it a whole year in a glass, when you use it wet a cloth in some of it, and wash your face at night going to bed, and often in the day, the best time to still it is in *May*.

For Heat or Scurf in the Face.

Take a pint of Cream as thick as
K 3 can

can be scummed, then take of Commomil one little handful, pick, wash and shred it very small, then put it into the cream, and let it boil very softly till it comes to an Oyl, never stirring it after the putting in the hearbs at first, but scum it clean when you see the Oyl come to the top; then let it boil a little faster, and then strain it through a fine linen cloth, and then anoint the face therewith.

A very good Medicine for a Tetter.

Take red Dock roots, wash them, serape them, and cut them into slices, and lay them in white-Wine Vinegar a night or a day, and then use it to the place grieved, washing the place with the root, and the liquor many times.

To skin the rawness of a Womans Nipple.

Take a Deers foot, and take the marrow thereof, and anoint the nipple therewith.

To dry up Milk in a Womans Breast.

Take a quantity of *Aqua vita*, and a quan-

quantity of sweet Butter, melt and temper them together, and anoint the Breast therewith, laying a brown paper betwixt them, and so do as often as the paper dryeth, till the Milk be dried up: this is also good to keep the Ague out of the Breast.

To make a woman have a Nipple that hath none, and would give suck.

Take a Wicker Bottle that hath a little mouth, and fill it full of hot water, and stop it close till the bottle be through hot, then let out the water, and set the mouth of the bottle close to the Nipple; as long as there is any heat in the bottle it will cleave fast.

To heal the Nipple of a Womans Breast.

Take a quantity of Cream, and put it into the juyce of Valerian stamped and strained, and as much of the juyce of sea-green used in like sort, boil all these together till it come to be as Butter; then take it, and put it into a box, and anoint the Nipple therewith three or four times a day, and lay a Walnut shell,

or some other hollow thing over it to keep the clothes from it till it be whole, or else make a Posset Ale of Alom, and lay the curd to the Nipple warm, till the child doth suck, and then lay on again.

A Medicine for Worms in young Children.

Take a plaister of white Leather or brown paper, and spread it with Honey, warm it a little against the fire, but first strew some of the best Aloes Succotrinae thereon, then lay it all over the Stomach of the child warm; the like plaister is to be laid on the childes Navil at the same time; if you have no Honey, mix the juyce of Plantain and lay it on the leather.

Dr. Fosters Infusion purging Choler.

Take Damask Roses two ounces, of Rhubarb two drams and a half, of Spikenard one scruple, of Orcin one scruple, cut all small, and infuse in a quart of clarified whey all night, in the morning strain gently, and put to it one ounce of Syrup of Roses, or Syrup of Violets.

Dr.

Dr. Fosters Infusion purging Melancholy.

Take Fumitory, Epithymum, flowers or leaves of Borage and Bugloss, of each a good half handful, Polypody of the Oak one ounce, Sena half an ounce, Fennil-seed two drams, Whey three pints; infuse and boil to a quart, whee unto adde two ounces of Syrup of Roses solutive; the dose is half a pound, you may quicken a draught with a dram of Electuary of Roses.

An opening purging Jalip, and cooling for Choler. and hot Humors.

Take of Barley two little handfuls, of Savory with the roots, Maidenhair, Liverwort, Sorrel, each half a good handful, of roots of Grass of Fennil, each half an ounce, of the four cold seeds each two drams, boil them a sufficient quantity of Succory water unto sixteen ounces, in which infuse half an ounce of Sena, Tamarindes, and Polypody of each three drams, Jalap and Hermodactils, of each two drams, Fennil-seed, Anniseed, and Liquorish, of
Kiss each

each one dram, Currans bruised half an ounce, of Borage, Bugloss, and Rosemary flowers; of each one dram; infuse these warm, then boil them untill five ounces of the Succory-water be consumed, then strain it, and adde the expression of four scruples of Rhubarb infused in three ounces of Manna, and syrup of Roses one ounce, of the Christals of Tartar one dram, mingle them: the Dose is four or five ounces every morning.

Dosſe: Mores Powder, or groſſy prepared Drug to be taken in mornings, and after Meals, to mend Concoction, comfort the Brain, break Winde, and make ſweet Breath.

Take Liquoriſh cut ſmall, Anniseed Comfits with one ſkin of Sugar, of each two ounces, ſweet Fennel-ſeed Comfits with one ſkin of Sugar, Corianders prepared, and Carroway-ſeed of each one ounce, of white Ginger, Cinnamon, Calamus Aromaticus, and Nutmegs, of each one ounce cut very ſmall, of the Lozenges of Aromaticum Roſatum, of Manus Chriſties, with Chymica, Oyl of Cinnamon, Cloves, and Lozenges of Di-amb-a

ambra cut into small pieces, each half an ounce, to be taken about a spoonful at the times aforesaid.

*Lucatello's Balsam admirable for
all Wounds.*

Take Venice Turpentine one pound, Oyl-Olive three pints, Sack six spoonfuls, yellow Wax one pound, naturall Balsam half an ounce, Oyl of Saint Johns-Wort, red Sanders powdered, of each one ounce, wash the Venice Turpentine three times in red Rose-water; then slice the Wax thin, and set it on the fire in a big Skillet, and when it is well molten, put the Turpentine to it, and stir them well together till they boil a little, take it off the fire, and let it cool till the next day, then cut it into thick slices, and pour all the water out of it, then set it on the fire again, and when it is molten, stir it well, and put it into the aforesaid Oyls, Sack, Balsam and Sanders, and stir them well together that they may incorporate, then let it boil again for a short space; take it off the fire, and stir it well for the space of two hours, that it may become thick,

thick, and when it is cold, put it up in several Gallipots, and when you use it, apply it tented into a deep and hollow wound, if it be onely a slit cut, anoint the wound with it, and bind it fast on with the cloth.

A Purge by Dr. Mayhern.

Take of the best Sena six drams, of Rhubarb two drams, Cream of Tartar half a dram, of sweet Fennil-seed as much, and a little Cinnamon; infuse all these one night in half a pint of white wine, in the morning let it boil one walm or two, strain it, and put of the best Manna an ounce, dissolve it over the fire, then strain it again; then put to it an ounce of Salatine, Syrup of Roses; so drink it, fast two hours after from meat, and drink & sleep, and then drink nothing but this broth.

An approved Medicine to beautifie the Face, or to take away Pimples or Heat in the Face.

Take a fair earthen Pipkin, and put into it a pottle of clean running water, and an ounce of white Mercury beaten

to white powder, then set it on the fire, and let it boil untill one half be consumed, and keep it close covered saving when you stir it, then take the whites of six new laid eggs beaten half an hour or more, and put it into the liquor, after it is taken from the fire, you must put in also the juice of Limons being very good, and half a pint of new Milk, and a quarter of a pound of bitter Almonds blanched and beaten with half a pint of Damask Rose-water; strain all these together through a strainer, and let it stand three weeks before you use it, and I will warrant you fair, &c.

An excellent Water for the Eyes that are red or full of Rhume.

Take young Hazle-Nuts when they are so soft that you may thrust a pin through them, fill them in a Rose still; Husks, Shells and all, and with the water wash your eyes.

To cure a Wound though the Patient be never so far off.

Take a quart of pure Spring-water, and put into it some Roman Vitriol, and

and let it dissolve, then if you have any bloud of the wound either in linnen or woollen, or silk, put the cloth so blouded in the water, and rub the cloth once a day, and if the wound be not mortal, the bloud will out, if it be, it will not. Let the Patient keep his Wound clean, washing it with white-Wine; when ever you wash the cloth, the party wounded shall sensibly find ease: let the cloth be constantly in the water.

To make Oyl of Swallows.

Take Swallows as many as you can get, ten or twelve at the least, and put them quick into a Mortar, and put to them Lavender, Cotton, Spike, Cammomil, Knot-grass, Ribwort, Balm, Valerian, Rosemary-tops, Woodbine-tops, strings of Vines, French Mallows, the tops of Alehoof, Strawberry - strings, Tutsane, Plantane, Walnut-leaves, tops of young Bayes, Hysop, Violet-leaves, Sage of vertue, fine Roman Wormwood, Brooklime, Smallage, Mother of Time, of each of these a handful, two of Cammomil, and two of red Roses, beat all these together, and put thereto a quart of Neats-

Neats-foot Oyl, or May Butter, stamp them all together, and beat them with one or two ounces of Cloves, and put them all together in an earthen pot, stop it very close with a piece of dough round about, so close that no air can come out ; set them nine days in a cellar, and then take them out, and boil them six or eight hours on the fire, or else in a pan of water ; but first open your pot, and put in half a pound of Wax, white or yellow, whether you will, and a pint of Sallet Oyl, and strain them through a Canvas cloth.

To make a Lead Plaister.

Take two pound and four ounces of the best and greenest Sallet Oyl, with a pound of good red Lead, and a pound of white Lead ; beat them well into dust, then take twelve Ounces of Castle-Sope, incorporate all these well together in a well-glassed and great earthen pot, that the Sope may come upwards, set it on a small fire of coals the space of one hour and a half, alwayes stirring it with an iron ball, or round Pommil : then make your fire somewhat bigger untill it

it be the colour of Oyl, then drop a little on the board, and if it cleave neither to your finger nor the board, then it is enough; then take the clothes and make them into what breadth or size you please in Searcloth, let not your cloth be coarse, but of a reasonable new Holland; and when you have dipped them, then rub them with a Slick-stone, it will last two years, and the elder the better, as long as it will stick it is good.

The Vertues of the Leaden Plaister.

1. If it be laid to the Stomach, it provoketh appetite, and taketh away any grief in the same.

2. If laid to the belly, it is a present remedy for the Ache.

3. If laid to the Reins of the back, it cureth and healeth the bloody Flux, the running of the Reins, heat in the Liver, or weakness of the Back.

4. It healeth all Bruises and Swellings, it taketh away aches, it breaketh Fellons, Pushes, and other Impostumes, and healeth them.

5. It draweth out any running Humour without breaking of the skin, and being applyed to the Fundament, it healeth

healeth any disease there growing.

6. The same laid to the head is good for the Eyes.

7. The same laid to the Belly of a Woman, provoketh the Terms, and maketh apt for Conception.

For the Stone and Gravel.

Take and dry the roots of red Nettles, make them into powder, and drink a spoonful of the powder in a draught of White - wine something warm, and it will break the Stone, though it be never so great, with speed, use it every day untill the Stone and Gravel be all broken and consumed. A thing of small price, and great vertue.

A drink to purge the body, being very good for them that have the Scurvey, or are inclined to it.

Take a pottle of fine running water, and a pint of Rhenish Wine for a young body, and for any elder, take a quart, set it on the fire, put into it three or four slices of Horse-Radish, a great handful of Water - Cresses, and a handful.

full of Brooklime, both a little bruised, slice in two or three Oranges, outsidcs and insides, let them boil all together better then half an hour, then have ready a greater quantity of Scurvy-grass bruised, or a pint of the juyce of Scurvy-grass ready strained, and put into the liquor, and set over the fire again, then there will arise a curd, which being taken off, put it into the drink when it is cold, three or four Limons more, or less as best pleaseth the taste, sweeten it with Sugar, and drink a Wine draught in the morning, and at four a clock in the afternoon, and then walk and use some exercise after it. The party that hath the Scurvy, and whose legs are much swelled, may put into the drink some Juniper-berries bruised; half an ounce, or thereabouts.

*Dr. Bates his Medicine against
a Consumption.*

Take Liverwort two handfuls, Succory six, Endiffe, Borage, Colts-foot, of each six handfuls, shred these finely, put them in a gallon of new Milk, let them steep all night, in the morning di-

distill them in a glass still, then take three spoonfuls of red Rose-water, three spoonfuls of this water; with half a pint of red Cows Milk, and as much Sugar of Rose as will sweeten it.

To make Gascony Powder.

Take the black tips of Crabs claws, gotten when the Sun is in *Cancer*, pick out from within them all the Fish, beat them to as fine a powder as you can, then searse it through a very fine searse, take an ounce of this powder, and put to it half an ounce of the Magestical of Pearl, and as much of the Magestical of Coral, mixe them well together, then put a little Rose-water in a glass, in which you must hang a little Saffron in a bag, and a little Musk and Ambergrease in another; let them hang in Rose-water two or three dayes, till the vertue of them be gone into the water, then put your powder either into a Silver Porringer, or a white earthen one, and put as much of the Rose-water as will moisten your powder, then dry it in the Porringer by a gentle fire, and so wet your powder three or four times, and

as

as often dry it, after this make a Gelly as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tail, above the Navel, pull off his skin, and with a clean cloth rub it dry, and so you may hang them up, and take two of those skins, and slice them small with a little Harts-horn, and make a Gelly of them, you need not make much, then when your powder is dry, wet it three or four times with this Gelly, and as often dry it, and at last put no more Gelly then will moisten the powder, then make it up in balls as big and as little as you please, and dry them in a stove; and so keep them all the year.

Take of this Powder twelve or fourteen grains, either dry, or in a spoonful of small beer, in which there is a little Syrup of Clove-gilly-flowers.

Certain Plaisters, and their Uses.

1. *Emplast. Deminum* two pound; it is good for all kind of bruises, or boils, or old sores, &c.

2. *Emplast. Mellilot* two pound; it is good for all sorts of green Wounds or bruises

bruises or swellings, or to breed flesh being wanting.

3. *Diapalma* two pound; it is a very fine drying Plaister, and a good defensive to defend wounds from Inflammation, &c.

4. *Oxicroceum* four ounces; it is an extraordinary good warming Plaister for broken bones, or any cold cause, &c.

Certain Oyntments, and their Uses.

1. *Unguentum Dialthea* one half pound; it is good to assuage pain, dissolve swellings or hardness.

2. *Unguentum Populeon*; it is a great cooling Oyntment for fire, or any great inflammation or any burning.

3. *Unguentum Album* six ounces; a fine cooling skinning Oyntment to mixe with others, &c.

4. *Unguentum Nervinum* four ounces; it is good for all cold causes of the Sinews or Joynts.

5. *Unguentum Tutia* two ounces, good for watring sore Eyes.

6. *Unguentum Basilicon* seven ounces,
good

good to fill hollow Ulcers with flesh, and apply a Plaister on the top of it.

7. Balsam two ounces good for all sorts of green wounds, being put in warm.

A Receipt of the Oyl of St. Johns-wort.

Take a quart of the best white - Wine , infuse therein pickt flowers of Saint Johns-wort, then stow those flowers very dry, and put in more into the same Wine , infuse them again , so long that the Wine be very strong and red coloured with the Saint Johns-wort, then strain out the Wine clear from the flowers , put thereto a pint of the best Sallet Oyl, a quarter of an ounce of Cinnamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handful of the yellow flowers of Saint Johns-wort pickt very clean ; boil all these on a very soft fire, till the Wine be all evaporated, when it is almost boiled, put in one good spoonful of pure Oyl of Turpentine, let that boil in it a little ; so keep it for your use, the elder the better.

A Receipt for an extraordinary wasting of the Back, and for the Stone and Strangury used by Justice Hutton.

Take Plantain and Ribwort, distill them in an ordinary Rose still, when you have occasion to use it, take Pippins and roast them, and take away the skin and coar, and put them into the water, making thereof a lambswool as thick as you please, sweeten it with some Loaf Sugar, the sweeter the better, take thereof half a pint when you go to bed, and this do nine or ten nights together, especially when you feel an heat in the Back.

For the Teeth.

If you will keep your teeth from rotting, or aching, wash the mouth continually every morning with juyce of Limons, and afterward rub your teeth with a Sage leaf, and wash your teeth after meat with fair water.

To cure the Tooth-ache.

1. Take Mastick and chew it in your mouth till it is soft as Wax, then stop your teeth with it, if hollow there remaining till it is consumed, and it will certainly cure you.

2. The tooth of a dead man carryed about a man, presently supresses the pains of the teeth.

FINIS.

A
QUEENS DELIGHT:
OR
The ART
OF
*Preserving, Conserving,
and Candyng ;*

As also
A right Knowledge of
making PERFUMES, and
Distilling the most
Excellent Waters,

Never before Published.

Printed by J. G. for *Nath. Brooks*, at the
Angel in *Cornhill*, 1663.

A
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The ART

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and Curing

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making Perfumes, and
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Never before Published

Printed by T. G. for W. B. at the
Golden Bunch 1743.



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A
QUEENS DELIGHT;
 OF

*Conserues, and Preserues, Candyng,
 and Distilling Waters.*

To preserve white Pear-plums or green.

TAke the Plums, and cut the
 stalk off, and wipe them,
 then take the just weight
 of them in Sugar, then
 put them in a skillett of wa-
 ter, and let them stand in and scald,
 being close covered till they be ten-
 der, they must not seeche, when they
 be soft, lay them in a dish, and cover
 them with a cloth, and stew some of
 L 2 the

the sugar in the glass bottom, and put in the Plums, strewing the Sugar over till all be in, then let them stand all night, the next day put them in a pan, and let them boil apace, keeping them clean scummed, and when your Plums look clear, your syrup will gelly, and they are enough. If your Plums be ripe, peel off the skins before you put them in the glass: they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rines on.

To preserve Grapes.

Take Grapes when they be almost through ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them, strew sugar on them; you must take to every pound of Grapes three quarters of a pound of Sugar, then take some of the sower Grapes, and wring the juyce of them, and put to every pound of Grapes two spoonfuls of juyce, then set them on the fire, and still lift up the pan and shake it round, for fear of burning to, then set them on again, and when the Sugar is melt-

ed

ed, boil them as fast as you can possibly, and when they look very clear, and the syrup somewhat thick, they are enough.

To preserve Quinces white.

Take a pair and coar them, and to every pound of your equal weights in Sugar and Quince, take a wine pint of water; put them together, and boil them as fast as you can uncovered; and this way you may also preserve Pippins white as you do Quinces.

To preserve Respasse.

Take a pound of Respasse, a pound of fine Sugar, a quarter of a pint of the juyce of Respasse, strew the sugar under and above the Respasse, sprinkle the juyce all on them, set them on a clear fire, let them boil as soft as is possible, till the syrup will gelly, then take them of, let them stand till they be cold, then put them in a glass. After this manner is the best way.

To preserve Pippins.

Take fair Pippins, and boil them in fair water till they be somewhat tender, then take them out, and peel off the skins, and put them into a fair earthen pot, and cover them till they be cold, then make the Syrup with fair water and Sugar, seethe it, and scum it very clean, then being almost cold, put in your Pippins, so boil them softly together, put in as much rine of Oranges as you think will taste them, if you have no Orange take whole Cinnamon and Cloves, so boil them high enough to keep them all the year.

To preserve Fruits green.

Take Pippins, Apricocks, Pear-plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boil them something leasurely, and

and take them up, then boil the Syrup till it be somewhat thick, that it will batten on a dish side, and when they are cold, put them together.

*To preserve Oranges and Limons
the best Way.*

Take and boil them as for paste, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a syrup, then boil them very leasurely till they be clear, then take them up, and boil the syrup till it batten on the dish side, and when they are cold put them up, &c.

An approved Conserve for a Cough or Consumption of the Lungs.

Take a pound of Elecampane roots, draw out the pith, and boil them in two waters till they be soft, when it is cold put to it the like quantity of the pap of roasted Pippins, and three times their weight of brown Sugarcandy beaten to powder; stamp these in a Morter to a Conserve, whereof take every morning fasting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make a Conserve of any of these Fruits.

When you have boiled your paste as followeth, ready to fashion on the Pie-plate, put it up into Galligots, and never dry it, and this is all the difference between Conserve. And so you may make Conserve of any Fruits, this for all hard fruits, as Quinces, Pippins, Oranges and Lemons.

To dry any Fruits after they are preserved, or Candy them.

Take Pippins, Pears or Plums, and wash them out in warm water from the syrup they are preserved in, strew them over with seared sugar, as you would do flower upon fish to fry them; set them in a broad earthen pan, that they may lie one by one, then set them in a warm oven or Stove to dry. If you will candy them withal, you must strew on sugar three or four times in the drying.

To

*To preserve Artichokes young, green Wal-
nuts and Lemons, and the Elecampane
roots, or any bitter thing.*

Take any of these, and boil them tender, and shift them in their boiling six or seven times to take away their bitterneffe, out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boil a walm or two, and so let them stand soaking in the Sugar till the next morning, then take them up, and boil the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boiled tender, stick two or three Cloves in each of them.

Set your Elecampane roots, being cleasrscaped, and shifted in their boilings a dozen times, then dry them in a fair cloth, and so boil them as is

above written, take half so much more then it doth weigh, because it is bitter, &c.

To preserve Quinces white or red.

Take the Quinces, and coar them, and pare them, those that you will have white, put them into a pale of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a syrup to cover them, then boil your syrup a little while, then put your Quinces in, and boil them as fast as you can, till they be tender and clear, then take them up, and boil the syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boil them leasurely close covered till they be red, and put them not into cold water.

To preserve Grapes.

Take the Clusters, and stone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple - water as will make a
syrup

syrup to cover them, then boil them as you do Cherries, as fast as you can, till the Syrup be thick, and being cold, pot it. Thus may you preserve Ba-berries or English Currans, or any kind of Berries.

To preserve Pippins, Apricocks, Pear-plums, and Peaches when they are ripe.

Take Pippins and pare them, bore a hole through them, and put them into a pale of water, then take as much Sugar as they do weigh, and put it to as much water as will make a syrup to cover them, and boil them as fast as you can, so that you keep them from breaking untill they be tender, that you may prick a rush through them; let them be a soaking till they be almost cold, then put them up.

Your Apricocks and Peaches must be stoned, and not pared, but the Pear-plums must not be stoned nor pared. Then take a little more sugar then they weigh, then take as much Apple-water and sugar as will make a syrup for them, then boil them as you do your Pippins, and pot them as you do the Pippins likewise,

Ec.

To preserve Pippins, Apricocks, Pear-plums, or Peaches green.

Take you Pippins green and quoddle them in fair water, but let the water boil first before you put them in, and you must shift them in two hot waters before they will be tender, then pull off the skin from them, and so caie them in so much clarified sugar as will cover them, and so boil them as fast as you can, keeping them from breaking, then take them up, and boil the syrup until it be as thick as for Quiddony; then pot them, and pour the syrup into them before they be cold.

Take your Aprieocks and Pear-plums, and boil them tender, then take as much sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they be stoned, and thrust a pin through them, and then make a strong water of ashes, and cast them into the hot standing lie to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified sugar as will candy them; so boil them, and put them
up, &c.

To dry Pippins or Pears without Sugar.

Take Pippins or Pears and prick them full of holes with a bodkin, and lay them in sweet wort three or four dayes, then lay them on a sieves bottom till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

To make Syrup of Clove-gilly-flowers.

Take a quart of water, half a bushel of Flowers, cut off the whites, and with a sieve sift away the seeds, bruise them a little; let your water be boiled, and a little cold again, then put in your Flowers, and let them stand close covered twenty four hours; you may put in but half the flowers at a time, the strength will come out the better; to that liquor put in three pound of Sugar, let it lie in all night, next day boil it in a Gallipot, set it in a pot of water, and there let it boil till all the Sugar be melted, and the Syrup be pretty thick, then take it out, and let it stand in that till it be through cold, then glass it.

To make Syrup of Hyssop for Colds.

Take a handful of Hyssop, of Figs, Raisins, Dates, of each an ounce, of Collipint half an handful, Fench Barley one ounce, boil therein three pints of fair water to a quart, strain it and clarifie it with two whites of Eggs, then put in two pound of fine Sugar, and boil it to a syrup.

To make Orange Water.

Take a pottle of the best Malligo-Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a Glass still, and let the water run into the receiver upon fine Sugarcandy; you may still it in an ordinary still.

To dry Cherries.

Take a pound of sugar, dissolve it in thin fair water, when it is boiled a little while, put in your Cherries after they are stoned, four pound to one pound

of

of sugar, let them lie in the sugar three dayes, then take them out of the syrup and lay them on sieves one by one, and set them before the sun upon stool; turn them every day, else they will mould; when they look of a dark red colour, and are dry, then put them up. And so you may do any manner of fruit. In the Sun is the best drying of them; put into the syrup some juyce of Rasps.

To make Juice of Liquorish.

Take English Liquorish, and stamp it very clean, bruise it with a hammer, and cut it in small pieces; to a pound of Liquorish thus bruised, put a quart of Hyssop-water, let them soak together in an earthen pot a day and a night, then pull the Liquorish into small pieces, and lay it in soak again two dayes more; then strain out the Liquorish, and boil the liquor a good while. Stir it often, then put in half a pound of Sugarcandy, or Loaf Sugar finely beaten, four grains of Musk, as much Ambergreese, bruise them small with a little Sugar; then boil them together till it be good and thick, still have a care
you

you burn it not; then put it out in glasse plates, and make it into round rolls, and set it in a drying place till it be stiff, that you may work it into rolls to be cut as big as Barley corns, and so lay them on a place again: If it be needfull strew on the place a little Sugar to prevent thickening; so dry them still if there be need, and if they should be too dry, the heat of the fire will soften them again.

A Perfume for Clothes, Gloves.

Take of Linnet two grains, of Musk three, of Ambergreese four, and the Oyl of Bams a pretty quantity; grinde them all upon a Marble stone fit for that purpose; then with a brush or sponge rake them over, and it will sweeten them very well; your Gloves or Jerkins must first be washed in old red Rose-water, and when they are almost dry, stretch them forth smooth, and lay on the Perfumes.

To make Almond Bisket.

Take the whites of four new laid Eggs.

Eggs, and two yolks, then beat it well for an hour together, then have in readiness a quarter of a pound of the best Almonds blanch'd in cold water, and beat them very small with Bosewart for fear of Oyling; then have a pound of the best Loaf-Sugar finely beaten, beat that in the Eggs a while, then put in your Almonds, and five or six Spoonfulls of the finest flower, and so bake them together upon paper or plates, you may have a little fine sugar in a piece of Tiffany to dust them over as they be in the Oven, so bake them as you do Bisket.

To make Conserve of Roses boiled.

Take a quart of red Rose-water, a quart of fair water, boil in the water a pound of red Rose-leaves, the whites cut off, the leaves must be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, so put it up in your pots.

To make Conserues of Roses unboiled.

Take a pound of red Rose leaves, the whites cut off, stamp them very fine, take a pound of Sugar, and beat in with the Roses, and put it in a pot, and cover it with leathier, and set it in a cool place.

To dry Apricocks.

First stone them, then weigh them, take the weight of them in double refined Sugar, make the syrup with so much water as will wet them, and boile it up so high, that a drop being dropped on a Plate it will slip clean off, when it is cold; then put in your Apricocks being pared, whilst your syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the syrup often, then let them stand three quarters of an hour; then take them out of the syrup, and tie them up in Tiffanies, one in a Tiffany or more, as they be in bigness, and whilst you are tying them up, set the syrup on the fire to heat, but not to boile, then put
your

your Apricocks into the syrup, and set them on a quick fire, and let them boil as fast as you can, skim them clean, and when they look clear, take them from the fire, and let them lie in the syrup till the next day, then set them on the fire to heat, but not to boil; then set them by till the next day, and lay them upon a clean sieve to drain, and when they are well drained, take them out of the Tiffanies, and so dry them in a stove, or better in the Sun with glasses over them, to keep them from the dust.

To make Quinces for Pies.

Wipe the Quinces, and put them into a little vessel of small beer when it hath done working; stop them close that no air can get in, and this will keep them fair all the year, and good.

The best way to break Sweet Powder.

Take of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civer a quarter of an ounce, Cloves a quarter
of

of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambergreece a quarter of an ounce. To every pound of Roses put a pound of Powder; the bag must be of Taffaty, or else the powder will run through.

To make excellent Perfumes.

Take a quarter of a pound of Damask Rose buds cut clean from the Whites, stamp them very small, put to them a good spoonful of Damask Rose-water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searfed, (if you will) twenty grains of Civit, and ten grains of Musk; mingle these with the Roses, beating them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of paper.

To make a very good Pomatum.

Take the fat of a young Dog one pound, it must be killed well, that the
bloud

bloud settle not into the fat, then let the outer skin be taken off before it be opened, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off fling it into Conduit-water; and if you see the second skin be clear, peel it, and water it with the other; be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water, and when you see it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar, and put in that first, stirring it well together, then put it into a Gallon of Conduit-water, and let it stand till night; shift this with so much Oyl and Water, morning and evening seven dayes together, and be sure you shift it constantly; and the day before you mean to melt it, wring it hard by a little at a time, and be sure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you shift it; then

put

put in three pints of Rose-water; let it stand close covered twelve hours, then wring out that, and put in a pint of fresh Rose-water into a high Gallipot with the feces; then tie it close up, and let it in a pot of water, and let it boil two hours, then take it out, and strain it into an earthen pan, let it stand till it is cold; then cut a whole in it, and let out the water, then scrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafing-dish of coals, or in the Gallipots; beat it so long, till it look very white and shining; then with your hand sling it in fine Cakes upon white paper, and let it lie till it be cold, then put it into Gallipots. This will be very good for two or three years.

To make Raisin Wine:

Take two pound of Raisins of the Sun shred, a pound of good powdered Sugar, the juyce of two Limons, one pill; put these in an earthen pot with a top, then take two gallons of water, let it boil half an hour, then take it hot from the fire, and put it into the pot, and
cover

cover it close for three or four dayes, stirring it twice a day, being strained put it into bottles, and stop it very close; in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilliflowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raisins, and bottled it up, heat two quarts of water more, put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller then the other, the water must be boiled as the other.

To make Raspberry Wine.

Take a Gallon of good Rhenish-Wine, put into it as much Raspberries very ripe as will make it strong, put it in an earthen pot, and let it stand two days; then pour your Wine from your Raspberries, and put into every bottle two ounces of Sugar. Stop it up, and keep it by you.

The best way to preserve Cherries.

Take the best Cherries you can get, and cut the stalks something short, then
for

put in three pints of Rose-water; let it stand close covered twelve hours, then wring out that, and put in a pint of fresh Rose-water into a high Gallipot with the seces; then tie it close up, and set it in a pot of water, and let it boil two hours, then take it out, and strain it into an earthen pan, let it stand till it is cold; then cut a whole in it, and let out the water, then scrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafing-dish of coals, or in the Gallipots; beat it so long, till it look very white and shining; then with your hand sling it in fine Cakes upon white paper, and let it lie till it be cold, then put it into Gallipots. This will be very good for two or three years.

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for

for every pound of these Cherries take two pound of other Cherries, and put them off their stalks and stones, put to them ten spoonfuls of fair water, and then set them on the fire to boil very fast till you see that the colour of the Syrup be like pale Claret Wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of Cherries a quarter of sugar, of which take half, and dissolve it with the Cherry-water drained from the Cherries, and keep them boiling very fast till they will gelly in a spoon, and as you see the syrup thin, take off the sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faster they boil, the better they will be preserved, and let them stand in a pan till they be almost cold.

A Tincture of Ambergreese.

Take Ambergreese one ounce, Musk two drams, spirit of Wine half a pint, or as much as will cover the Ingredients two or three fingers breadth, put all into a glass, stop it close with a cork and bladder, set it in Horse dung ten or twelve

twelve dayes, then pour off gently the spirit of Wine, and keep it in a glass close stoppt, then put more spirit of Wine on the Ambergreese, and do as before, then pour it off, after all this the Ambergreese will serve for ordinary uses. A drop of this will perfume any thing, and in Cordials it is very good.

To make Usquebath the best Way.

Take two quarts of the best *Aqua vita*, four ounces of scraped liquorish, and half a pound of sliced Raisins of the Sun, Aniseeds four ounces, Dates and Figs of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put these to the *Aqua vita*, stop it very close, and set it in a cold place ten dayes, stirring it twice a day with a stick, then strain or sweeten it with Sugarcandy; after it is strained, let it stand till it be clear, then put into the glass Musk and Ambergreese; two grains is sufficient for this quantity.

To preserve Cherries with a quarter of their weight in Sugar.

Take four pound of Cherries, one
M pound

pound of Sugar, beat your Sugar and strew a little in the bottom of your skillet, then pull off the stalks and stones of your Cherries, and cut them cross the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there must be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar. Boil them very quick; when they are half boiled, put in the remainder of your Sugar; when they are almost enough, put in the rest of the Sugar; you must let them boil till they part in sunder like Marmalade, stirring them continually, so put them up hot into your warm Marmalade glasses.

To make Gelly of Pippins.

Take Pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boil till all the vertue of the Pippins are out; then strain them, and take to a pint of that liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Limon, and pare and slice it very thin, and boil it in your liquor

quor a little thin; teke them out, and lay them in the bottom of your glass, and when it is boiled to a gelly, pour it on the Limons in the glass. You must boil the Oranges in two or three waters before you boil it in the gelly.

To make Apricock Cakes.

Take the fairest Apricocks you can get, and parboil them very tender, then take off the pulp and their weight of Sugar, and boil the Sugar and Apricocks together very fast; stir them ever lest they burn to, and when you can see the bottom of the skillet it is enough, then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them, and fill them up with some more of the same stuff; but you must let them stand for three or four dayes before you turn them off the first place; and when you find they begin to candy, take them out of the Cards, dust them with Sugar again; so do even when you turn them.

To preserve Barberries the best way.

First stone them and weigh them, half a pound of sugar to half a pound of them, then pare them and slice them into that liquor, take the weight of it in Sugar; then take as many Rasberries as will colour it, and strain them into the liquor, then put in the Sugar, boil it as fast as you can, then skim it till it be very clear; then put in your Barberries, and that sugar you weighed, and so let them boil till the skin be fully risen up, then take them off, and skin them very clean, and put them up.

To make Lozenges of red Roses.

Boil your sugar to sugar again, then put in your Red Roses being finely beaten, and made moist with the juyce of a Limon, let it not boil after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.

To

To make Chips of Quinces.

First scald them very well, then slice them into a dish, and pour a Candy syrup to them scalding hot, and let them stand all night, then lay them on plates, and searse sugar on them, and turn them every day, and scrape more sugar on them till they be dry. If you would have them look clear, heat them in syrup, but not to boil.

To make Sugar of Wormwood, Mint, Anni-seed, or any other of that kind.

Take double refined Sugar, and do but wet it in fair water, or Rose-water, and boil it to a Candy, when it is almost boiled take it off, and stir it till it be cold; then drop in three or four drops of the Oyls of whatsoever you will make, and stir it well; then drop it on a board, being before sifted with sugar.

To make Syrup of Limons or Citrons.

Pare off all the rindes, then slice your Limons very thin, and lay a lare of

Sugar finely beaten, and a lare of Limons in a silver Bason till you have fitted it, or as much as you mean to make, and so let it stand all night; the next day pour off the liquor that runs from it into a glass through a Tiffany strainer. Be sure you put Sugar enough to them at the first, and it will keep a year good, if it be set up well.

To make Jumbals of Apricocks or Quinces.

Take Apricocks or Quinces, and quodde them tender, then take their Pulp and dry it in a dish over a Chasing-dish of coals, and set it in a stove for a day or two; then beat it in a stone Mortar, putting in as much Sugar as will make a stiff paste; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you please, rowl them with battle-doors into long pieces, and tie them up in knots, and so dry them.

To make Cherry-water.

Take nine pound of Cherries, pull out the stones and stalks, break them with

with your hand, and put them into nine pints of Claret Wine, take nine ounces of Cinnamon, and three Nutmegs, bruise them, and put them into this, then take of Rosemary and Balm, of each half a handful, of sweet Marjoram a quarter of an handful; put all these with the aforementioned into an earthen pot well leaded; so let them stand to infuse twenty four hours, stirring it once in four or five hours; so distill it in a Limbeck, keeping the strongest water by it self, put some Sugar finely beaten into your glasses. If your first water be too strong, put some of the second to it as you use it. If you please you may tie some Musk, and Ambergreese in a rag, and hang it by a thread in your glass.

To make Orange Cakes.

Take Oranges and pare them as thin as you can, then take out the meats clean; and put them in water; let them lie about an hour, shift the water, and boil them very tender in three or four waters, then put them up, and dry them on a cloth: mince them as small as you can, then put them into a dish, and squeeze all the juyce of the meat into them, and

let them stand till the next day, take to every pound of these a pound and a quarter of double refined Sugar. Boil it with a spoonful of water at the bottom to keep it from burning till it be Sugar again; then put in your Oranges, and let them stand and dry on the fire, but not boil; then put them on glass plates, and put them in a stove, the next day make them into Cakes, and so dry them as fast as you can.

To preserve Oranges the French way.

Take twelve of the fairest Oranges and best coloured, and if you can get them with smooth skins they are the better, and lay them in Conduit-water six dayes and nights, shifting them into fresh water morning and evening; then boil them very tender, and with a knife pare them very thin, rub them with salt, when you have so done, core them with a coring Iron, taking out the meat and seeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of Sugar, and to a pound of sugar a pint of water; then mingle your sugar and water well together in a large skillet or pan; beat the whites of three Eggs,

Eggs, and put that into it, then set it on the fire, and let it boil till it rises, and strain it through a Napkin; then set it on the fire again, and let it boil till the syrup be thick, then put in your Oranges, and make them see the as fast as you can, now and then putting in a piece of fine loaf sugar the bigness of a Walnut, when they have boiled near an hour, put into them a pint of Apple water: then boil them apace, and half a pint of White - wine, this should be put in before the Apple water, when your Oranges are very clear, and your syrup so thick that it will gelly, (which you may know by setting them to cool in a spoon) when they are ready to be taken off from the fire; then put in the juyce of eight Limons warm into them, then put them into an earthen pan, and so let them stand till they be cold, then put every Orange in a several glass or pot; if you do but six Oranges at a time, it is the better.

To preserve green Plums.

The greatest Wheaten Plum is the best, which will be ripe in the midst of

M 55

July,

July, gather them about that time, or later, as they grow in bigness, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of 12. hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the stalks of every one; then set two skillets of water on the fire, and when one is scalding hot put in your Plums, and take them from the fire, and cover them, and let them rest for the space of a quarter of an hour; then take them up, and when your other skillet of water doth boil, put them into it; let them but stay in it a very little while, and so let the other skillet of water, wherein they were first boiled, be set to the fire again, and make it to boil, and put in your plums as before, and then you shall see them rivet over, and yet your Plums very whole, then while they be hot, you must with your knife scrape away the riveting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then set a pan with a little fair water on the fire, and when it boils, put in your Plums, and let them see the half

a quarter of an hour till you see the colour wax green, then set them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and strow it in the bottom of the pan wherein you will preserve, and so put in your Plums one by one, drawing the liquor from them, and cast the rest of your sugar on them; then set the pan on a moderate fire, letting them boil continually but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your Plums, and thickness of your Syrup, which if they be boiled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boil your Syrup a little longer, then strain it into some vessel, and being bloud-warm, pour it upon your Plums, but stop not the pot before they be cold. Note also you must preserve them in such a pan, as they may lie one by another, and turn of themselves; and when they have been five or six dayes in the Syrup, that the Syrup grows thin, you may boil it again with a little Sugar, but put it not to your Plums till they be cold. They must have three scaldings, and one boiling.

To dry Plums.

Take three quarters of a pound of sugar to a pound of black Pear-plums, or Damsons, slit the Plums in the crease, lay a lay of Sugar with a lay of Plums, and let them stand all night, if you stone the Plums, fill up the place with Sugar; then boil them but gently till they be very tender, without breaking the skins; take them into an earthen or silver dish, and boil your syrup afterwards for a gelly, then pour it in your Plums scalding hot, and let them stand two or three dayes, then let them be put to the Oven after you draw your bread, so often untill your syrup be dried up, and when you think they are almost dry, lay them in a sieve, and pour some scalding water on them, which will run through the sieve, and set them in an Oven afterwards to dry.

To preserve Cherries the best way, bigger then they grow naturally, &c.

Take a pound of the smallest Cherries, and boil them tender in a pint of
fair

fair water, then strain the liquor from the substance, then take two pound of good Cherries, and put them in a preserving pan with a lay of Cherries, and a lay of Sugar, then pour the syrup of the other Cherries about them, and so let them boil as fast as you can with a quick fire, that the syrup may boil over them, and when your syrup is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

To preserve Damsons, red Plums or black.

Take your Plums newly gathered, and take a little more Sugar then they do weigh, then put to it as much water as will cover them; then boil your syrup a little while, and so let it cool, then put in your Damsons or plums, then boil them leasurely in a pot of seething water till they be tender, then being almost cold pot them up.

To dry Pippins or Pears.

Take your Pippins, Pears, Apricocks,
pare

pare them, and lay them in a broad earthen pan one by one, and so rowl them in searsed Sugar as you flower-fryed fish; put them in an Oven as hot as for Manchet, and so take them our, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a paper, and dry them on the botcom of a sieve; so you may do the least Plum that is.

To dry Pippins or Pears another way.

Take Pippins or Pears, and lay them in an earthen pan one by one, and when they be baked plump and not broken, then take them out, and lay them up, and lay them upon a paper, then lay them on a sieves bottom, and dry them as you did before.

To dry Apricocks tender.

Take the ripest of the Apricocks, pare them, put them into a silver or earthen skillet; and to a pound of Apricocks put three quarters of a pound of Sugar, set your Apricocks over your fire, stirring them till they come to a pulp, and
set

set the Sugar in another skillett by boiling it up to a good height, then take all the Apricocks, and stir them round till they be well mingled, then let it stand till it be something cold and thick, then put it into Cards, being cut of the fashion of an Apricock, and laid upon glass plates; fill the Cards half full, then set them in your Stove; but when you finde they are dry that they are ready to turn, then provide as much of your pulp as you had before, and to put to every one a stowe when they are turned, (which you must have said before) and pour the rest of the Pulp upon them, so set them into your stove, turning them till they be dry.

To dry Plums.

Take a pound of Sugar to a pound of Plums, pare them, scald your Plums, then lay your Plums upon sieve till the water be drained from them, boil your Sugar to a Candy height, and then put your Plums in whilest your Syrup is hot, so warm them every morning for a week, then take them out, and put them into your stove and dry them.

To

To dry Apricocks.

Take your Apricocks, pare and stone them, then weigh half a pound of Sugar to a pound of Apricocks, then take half that sugar, and make a thin syrup, and when it boileth, put in the Apricocks, then scald them in that Syrup; then take them off the fire, and let them stand all night in that syrup, in the morning take them out of that syrup, and make another Syrup with the other half of the Sugar, then put them in, and preserve them till they look clear; but be sure you do not do them so much as those you keep preserved without drying; then take them out of that Syrup, and lay them on a piece of plate till they be cold; then take a skiller of fair water, and when the water boils, take your Apricocks one after another in a spoon, and dip them in the water first on one side, and then on the other; not letting them go out of the spoon: you must do it very quick, then put them on a piece of a plate, and dry them in a stove, turning them every day, you must be sure that your Stove or Cub board

board where you dry them, the heat of it be renewed three times a day with a temperate drying heat untill they be something dry, then afterwards turn once as you see cause.

Conserves of Violets the Italian manner.

Take the leaves of Blew Violets separated from their stalks and greens, beat them very well in a stone Mortar, with twice their weight of Sugar, and reserve them for your use in a glass vessel.

The Vertue.

The heat of Choler it doth mitigate, extinguisheth thirst, asswageth the Belly, and helpeth the Throat of hot hurts, sharp droppings, and dryness, and procureth rest. It will keep one year.

Conserves of red Roses the Italian manner.

Take fresh red Roses not quite ripe, beat them in a stone Mortar, mix them with double their weight of Sugar, and put them in a glass close stopped, being not full, let them remain before you use them three moneths, stirring of them once a day.

The

The Vertue.

The Stomach, Heart, and Bowels it cooleth, and hindereth vapours, the spitting of blood and corruption for the most part (being cold) it helpeth. It will keep many years.

Conserve of Borage Flowers after the Italian Manner.

Take fresh Borage flowers cleansed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a stone Mortar, and keep them in a vessel well placed.

The Vertues are the same with Bugloss flowers.

Conserve of Rosemary Flowers after the Italian Manner.

Take new Rosemary flowers one pound, of white Sugar one pound; so beat them together in a Marble Mortar with a wooden Pestle, keep it in a Gallipot, or vessel of earth well glassed, or in one of harn stone. It may be preserved for one year or two.

The

The Vertues.

It comforteth the Heart, the Stomach, the Bráin, and all the nervous parts of the Body.

Conserve of Betony after the Italian Way.

Betony new and tender one pound, the best Sugar three pound, beat them very small in a stone Mortar, let the Sugar be boiled with two pound of Betony-water to the consistence of a syrup, at length mixe them together by little and little over a small fire, and make a Conserve, which keep in a glasse.

The Vertues.

It helpeth the cold pains of the Head, purgeth the Stomach and Womb, it helpeth stoniness of the Reins, and furthereth Conception.

Conserve of Sage.

Take new flowers of Sage one pound, Sugar one pound; so beat them together very small in a Marble Mortar, put them in a vessel well glassed and steeped, set them in the Sunne, stir them

them daily ; it will last one year.

The Vertues.

It is good in all cold hurts of the brain, it refresheth the Stomach, it openeth obstructions, and takes away superfluous and hurtful humours from the Stomach.

Conserve of the Flowers of Lavender.

Take the flowers being new, so many as you please, and beat them with three times their weight of white sugar, after the same manner as Rosemary flowers ; they will keep one year.

The Vertues.

The Brain, the Stomach, Liver, Spleen, and Womb it maketh warm, and is good in the suffocation of the Womb, hardness of the Spleen, and for the Apoplexy.

Conserve of Marjoram.

The Conserve is prepared as Betony ; it keepeth a year.

The Vertues.

It is good against the coldness, moistness of the Brain, and Stomach,
and

and it strengthneth the Vital Spirits.

Conserve of Piony after the Italian way.

In the Spring take of the flowers fresh half a pound, sugar one pound, beat them together in a good stone Mortar, then put them in a glass, and set them in the Sun for three moneths, stirring them daily with a wooden spathula.

The Vertues.

It is good against the Falling-sickness, and giddiness of the Head, it cleanseth the Reins and Bladder.



Touching Candies, as
followeth.

To Candy Rosemary Flowers in the Sun.

TAke Gum Dragon, and steep it in Rose-water, then take the Rosemary

mary flowers, good coloured, and well pickt, and wet them in the water that your Gum Dragon is steeped in, then take them out, and lay them upon a Paper, and strew fine Sugar over them; this do in the hot Sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

To make Sugar of Roses.

Take the deepest coloured red Roses, pick them, cut off the white buttons, and dry your red leaves in an Oven, till they be as dry as possible, then beat them to powder and searse them, then take half a pound of Sugar beaten fine, put it into your Pan with as much fair water as will wet it; then set it in a chafing-dish of coals, and let it boil till it be Sugar again; then put as much Powder of Roses that will make it look very red, stir them well together, and when it is almost cold, put it into Pales, and when it is thoroughly cold, take them off, and put them in boxes.

To Candy Pippins, Pears, Apricocks, or Plums.

Take any of these fruits being pared, and strew upon them, as you do flower upon frying-fish; then lay them on a board in a Pewter dish, so put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle Rose-water on them, thus turning and sugaring of them three or four times, till they be almost dry, then lay them on a Lettice-Wire, or on the bottom of a sieve in a warm Oven, after the bread is drawn out, till they be full dry: so you may keep them all the year.

To Candy or Clear Rockandy Flowers.

Take spices, and boil them in a syrup of Sugar, then put in the flowers, boil them till they be stiff; when you spread them on a paper, lay them on round Wires in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the Sugar,

gar, that is half a pint to every pound, then beat a dozen Spoonfuls of fair water, and the white of an Egge in a bason, with a Birchin rod till it come to a froth, when your sugar is all melted and boiled, put the froth of the Egg in the hot Syrup, and as it riseth, drop in a little cold water; so let it boil a little while, then scum it, then boil it to a Candy height, that is, when you may draw it in small threads between your finger and your thumb: then pour forth all your syrup that will run from it in your pan, then set it a drying one hour or two; which done, pick up the wiers, and take off the flowers, and lay them on papers, and so dry them.

To Candy Spanish Flowers.

Take the Blossoms of divers sorts of flowers, and make a syrup of water and sugar, and boil it very thick, then put in your Blossoms, and stir them in their boiling, till it turn to Sugar again, then stir them with the back of a spoon, till the sugar fall from it; so may you keep them for sallets all the year.

To

To candy Grapes, Cherries or Barberries.

Take any of these fruits, and strew fine sifted sugar on them, as you do flower on frying fish, lay them on a lettice of wiew in a deep earthen pan, and put them into an Oven as hot as for Manchet, then take them out, and turn them, and sugar them again, and sprinkle a little Rose-water on them, pour the syrup forth as it comes from them, thus turning and sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of wiew upon two billets of Wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To candy Suckets of Oranges, Lemons, Citrons, and Angelica.

Take, and boil them in a fair water tender, and shift them in three boilings, six or seven times, to take away their bitternesse, then put them into as much sugar as will cover them, and so let them boil a walm or two, then take them out, and dry them in a warm oven

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as hot as Manchet, and being dry, boil the Sugar to a Candy height, and so cast your Oranges into the hot Sugar, and take them out again suddenly, and then lay them upon a lettice of wier on the bottom of a sieve in a warm oven after the bread is drawn, still warming the Oven till it be dry, and they will be well candied.

To Candy the Orange roots.

Take the Orange roots being well and tenderly boiled, perch them and peel them, and wash them out of two or three waters; then dry them well with a fair cloth, then put them together two or three in a knot, then put them into as much clarified Sugar as will cover, and so let them boil leisurely, raising them untill you see the Sugar drunk up into the root, then shaking them in the Bason to sunder the knots; and when they wax dry, take them up suddenly, and lay them on sheets of white Paper, and so dry them before the fire an hour or two, and they will be well candied.

Car-

Candy Orange Peels after the Italian way.

Take Orange pdeels so often steeped in cold water, as you think convenient for their bitterness, then dry them gently, and candy them with some convenient syrup made with Sugar; some that are more grown, take away that spongiuous white under the yellow peels, others do both together.

The Vertues.

They corroborate the Stomach and Heart.

To Candy Citrons after the Spanish way.

Take Citron Peels so large as you please, the inner part being taken away, let them be steeped in a clear lay of water and ashes for nine dayes, and shift them the fifth day, afterward wash them in fair water, till the bitterness be taken away, and that they grow sweet, then let them be boiled in fair water till they grow soft, the watery part being taken away, let them be steeped in a vessel of stone twenty four hours, with a Julip made of white Sugar, and three parts

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water,

water, after let them be boiled upon a gentle fire, to candness of Penidies or Paste; being taken out of that, let them be put in a glasse vessel, one by one, with the Julip of Roses made somewhat hard, or with sugar; some do adde Amber and Musk to them.

The Vertues.

It comforteth the Stomach and Heart, it helpeth concoction.

Canded Cherries the Italian way.

Take Cherries before they are full ripe, the stones taken out, put clarified sugar boiled to a height, then pour it on them.

Chicory roots canded the Italian way.

Take Chicory new and green, the outward bark being taken away, then before they be canded, let them be cut in several parts, and gently boiled, that no bitterness may remain, then set them in the air placed severally, and put Sugar to them boiled to a height.

Touch-



Touching Marmalets, and Quiddony, as followeth.

To make Marmalet of Damfins.

TAke two quarts of Damfins that be through ripe, and pare off the skins of three pints of them, then put them into an earthen Pipkin, those with the skins undermost; then set the Pipkin into a pot of seething water, and let the water seethe apace untill the Damfins be tender. Cover the Pipkin close, that no water get into them, and when they are tender, put them out into an earthen pan, and take out all the stones and skins, then weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it in to the Damfins, then set it on the fire, and make it boil apace till it will come

from the bottom of the skillet, then take it up, and put it into a glass, but scum it clear in the boiling.

To make white Marmalet of Quinces.

Take unpared Quinces, and boil them whole in fair water, peel them and take all the pap from the coar, to every pound thereof adde three quarters of a pound of sugar, boil it well till it come well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

Take your Plums, and boil them between two dishes on a Chasing-dish of coals, then strain it, and take as much Sugar as the Pulp do weigh, and put to it as much Rose-water, and fair water as will melt it, that is, half a pint of water to a pound of Sugar, and so boil it to a Candy height, then put the pulp into hot Sugar, with the pap of a roasted apple. In like manner you must put roasted Apples to make Paste Royal of it, or else it will be tough in the drying.

To

To make Orange Marmalet.

Take Oranges, pare them as thin as you can, boil them in four several waters, let them be very soft before you take them out, then take two quarts of Spring-water, put thereto twenty Pippins pared, quartered and coared, let them boil till all the vertue be out; take heed they do not lose the colour; then strain them, put to every pint of water a pound of Sugar, boil it almost to a Candy height, then take out all the meat out of the Oranges, slice the peel in long slits as thin as you can, then put in your peel with the juyce of two Limmons, and one half Orange, then boil it to a Candy.

To make Quiddony of Pippins, of Ruby, or any Amber colour.

Take Pippins, and cut them in quarters, and pare them, and boil them with as much fair water as will cover them, till they be tender, and sunk into the water, then strain all the liquor from the Pulp, then take a pint of that li-

N^o 4.

quor,

quor and half a pound of sugar, and boil it till it be a quaking gelly on the back of a spoon ; so then pour it on your moulds, being taken out of fair water ; then being cold, turn them on a wet trencher, and so slide them into the boxes, and if you would have it ruddy colour, then boil it leasurely close covered, till it be as red as Claret Wine, so may you conceive, the difference is in the boiling of it, remember to boil your Quinces in Apple-water as you do your Plums.

To make Quiddony of all kindes of Plums.

Take your Apple-water, and boil the Plums in it till it be red as Claret-Wine, and when you have made it strong of the Plums, put to every pint half a pound of Sugar, and so boil it till a drop of it hang on the back of a spoon like a quaking gelly. If you will have it of an Amber colour, then boil it with a quick fire, that is all the difference of the colouring of it.

*To make Marmalet of Oranges, or Orange
Cakes, &c.*

Take the yellowest and fairest Oranges, and water them three dayes, shifting the water twice a day, pare them as thin as you possibly can, boil them in a water changed five or six times, untill the bitternesse of the Orange be boiled out ; those that you preserve must be cut in halfs, but those for Marmalet must be boiled whole, let them be very tender, and slice them very thin on a trencher, taking out the seeds and long strings, and with a knife make it as fine as the Pap of an Apple ; then weigh your Pap of Oranges, and to a pound of it, take a pound and half of Sugar : then you must have Pippins boiled ready in a skillett of fair water, and take the Pap of them made fine on a trencher, and the strings taken out, (but take not half so much Pippins as Oranges) then take the weight of it in sugar, and mix it both together in a silver or earthen dish ; and set it on the coals to dry the water out of it, (as you

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do

do with Quince Marmaler) when your Sugar is Candy height, put in your stuff, and boil it till you think it stiff enough, stirring it continually, if you please you may put in a little Musk in it.



Touching Pastrey and Pasties.

To make Sugar Cakes.

Take three pound of the finest Wheat Flower, one pound of fine Sugar, Cloves, and Mace, of each one ounce finely searsed, two pound of Butter, a little Rose-water, knead and mould this very well together, melt your Butter as you put it in; then mould it with your hand forth upon a board, cut them round with a glass, then lay them on papers, and set them in an Oven, be sure your Oven

Oven be not too hot, so let them stand till they be coloured enough.

To make clear cakes of Plums.

Take Plums of any sorts, Raspis are the best, put them into a stone Jug, into a pot of seething water, and when they are dissolved, strain them together through a fair cloth, and take to a pint of that a pound of Sugar, put to as much colour as will melt it, and boil to a Candy height; boil the liquor likewise in another Posnet, then put them seething hot together, and so boil a little while stirring them together, then put them into glasses, and set them in an Oven or Stove in a drying heat, let them stand so two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you set them not too hot, for they will be tough; so every day turn them till they be dry; they will be very clear.

To make Paste of Oranges and Limons.

Take your Oranges well coloured,
boil

boil them tender in water, changing them six or seven times in the boiling, put into the first water one handful of Salt and then beat them in a wooden Bowl with a wooden pestle, and then strain them through a piece of Cushion Canvas, then take somewhat more then the weight of them in sugar, then boil it, dry and fashion it as you please.

To make Raspberry Cakes.

Take Raspberries, and put them into a Gallipot, cover them close, and set them into a skillet of water, and let them boil till they are all to mash, then rub them through a strainer of Cushion Canvas, put the liquor into a silver bason, and set it upon a very quick fire; and put into it one handful or two of whole Raspberries, according to the quantity of your liquor: and as you shall like to have seeds in your Paste. Thus let it boil very fast till it be thick, and continually stir, lest it burn; then take two silver dishes that are of a weight, and put them into your scales, in the one put the Raspis stuff, and in the other double refined Sugar finely beaten,

beaten, as much as the weight of Raspis stuff; then put as much water to the Sugar as will melt it, set it upon the fire, and let it boil till it be very high candied, then take it from the fire, and put your Raspis stuff into it; and when your sugar and Raspberries are very well mixt together, and the Sugar all melted from about the dish. (which if it will not do from the fire, set it on again) but let it not boil in any case; when it is pretty cool, lay it by spoonfuls in plates, and put it into your stuff, keeping temperate fire to it twice a day till it be candied that will turn them, joyn two of the pieces together, to make the cake the thicker.

To make Paste of Genoa Citrons.

Take Citrons, and boil them in their skins, then scrape all the pulp from the coar, strain it through a piece of Cushion Canvas, take twice the weight of the Pulp in Sugar, put to it twice as much water as will melt it, that is half a pint to every pound of Sugar, Boil it to a candy height; dry the Pulp upon a Chafing-dish of Coals, then put the

the Syrup and the Pulp hot together, boil it with stirring untill it will lie upon a Pie-plate, set it in a warm stone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and set it in the like heat again, so turn it every day till it be dry.

To make a French Tart.

Take a quartern of Almonds or thereabouts, and peel them, then beat them in a Mortar, take the white of the breast of a cold Capon, and take so much Lard as twice the quantity of the Capon, and so much Butter, or rather more, and half a Marrow bone, and if the bone be little then all the Marrow, with the juyce of one Limon; beat them all together in a Mortar very well, then put in one half pound of loaf sugar grated, then take a good piece of Citron, cut it in small pieces, and half a quarter of Pistanius; mingle all these together, take some flower, and the yolks of two or three eggs, and some sweet Butter, and work it with cold water.

To

To make cakes of Pear-plums.

Take to a pound of the clear, or the Pulp, a pound of Sugar, and boil it to a Sugar again, then break it as small as you can, and put in the clear, when your sugar is well melted in it, and almost cold, put it in glass plates, and set them into your stove as fast as you can, with coals under them, and so twice a day whilst they be dry enough to cut; if you make them of the clear, you must make Paste of Apples to lay upon them, you must scald them, and beat them very well, and so use them as you do your Plums, and then you may put them into what fashion you please.

To make cakes, viz.

Take a pound of sugar finely beaten, four yolks of Eggs, two whites, one half pound of Butter washt in Rose-water, six spoonfulls of sweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almost

most as hot as for Manchet : half an hour will bake them.

To make a Cake the way of the Royal Princess, the Lady Elizabeth, daughter to King Charles the first.

Take half a peck of Flower, half a pint of Rose-water, a pint of Ale yeast, a pint of Cream, boil it, a pound and a half of Butter, six Eggs (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it stand half an hour by the fire, and then work it again; and then make it up, and let it stand an hour and a half in the Oven; let not your Oven be too hot.

To make Paste of Apricocks.

Take your Apricocks, and pare them, and stone them, then boil them tender betwixt two dishes on a Chaffin-dish of coals, then being cold, lay it forth on a white sheet of paper; then take as much Sugar as it doth weigh, and boil it to a Candy height, with

as much Rose-water and fair water as will melt the sugar; then put the Pulp into the Sugar, and so let it boil till it be as thick as for Marmalade, now and then stirring it; then fashion it upon a Pie-plate like to half Apricocks, and the next day close the half Apricocks to the other, and when they are dry, they will be as clear as Amber, and eat much better then Apricocks it self.

To make Paste of Pippins like leaves, and some like Plums, with their Stones and Stalks in them.

Take Pippins pared and coared, and cut in pieces, and boiled tender, so strain them, and take as much Sugar as the Pulp do weigh, and boil it to a Candy height, with as much Rose-water and fair water as will melt it, then put the Pulp into the hot Sugar, and let it boil untill it be as thick as Marmalade; then fashion it on a Pie-plate, like Oaken leaves, and some like half Plums, the next day close the half Plums together; and if you please you may put the stones and stalks in them, and dry them in an Oven, and if you will have them

them look green, make the paste when Pippins are green; and if you will have them look red, put a little Conserves of Barberries in the Paste, and if you will keep any of it all the year, you must make it as thin as Tart stuff, and put it in Gallipots.

To make Paste of Elecampane roots, an excellent remedy for the Cough of the Lungs.

Take the youngest Elecampane roots, and boil them reasonably tender; then strip them and peel them, and so beat it in a Mortar, then take twice as much sugar as the Pulp doth weigh, and so boil it to a Candy height, with as much rose-water as will melt it; then put the Pulp into the sugar with the Pap of a roasted Apple, then let it boil till it be thick, then drop it on a Pie-plate, and so dry it in an Oven till it be dry.

To make Paste of flowers of the colour of Marble, tasting of natural flowers.

Take every sort of pleasing flowers, as Violets, Cowslips, Gilly-flowers, Roses or Marigolds, and beat them in

a Mortar, each flower by it self with sugar, till the sugar become the colour of the flower, then put a little Gum Dragon steeped in water into it, and beat it into a perfect paste; and when you have half a dozen colours, every flower will take of his nature, then rowl the paste therein, and lay one piece upon another, in mingling sort, so rowl your paste in small rowls, as big and as long as your finger, then cut it off the bigness of a small nut, overthwart, and so rowl them thin, that you may see a knife through them, so dry them before the fire till they be dry.

To make Paste of Rasberries or English

Curranes.

Take any of the Frails, and boil them tender on a Chafing-dish of coals betwixt two dishes and strain them, with the pap of a roasted Apple, then take as much Sugar as the Pulp doth weigh, and boil to a Candy height with as much Rose-water as will melt it: then put the Pulp into the hot Sugar, and let it boil leasurely till you see it as thick as Marmalet, then fashion it on a Pie-plate, and
put

put it into the Oven with two billets of wood, that the plate touch not the bottom, and so let them dry leasurely till they be dry.

To make Naples Bisket.

Take of the same stuff the Mackaroons are made of, and put to it an ounce of Pine apple-seed in a quarter of a pound of stuff, for that is all the difference between the Mackaroons and the Naples Bisket.

To make Italian Biskets.

Take a quarter of a pound of searfed Sugar, and beat it in an Alabaster Mortar with the white of an Egge, and a little Gum Dragon steep in Rose-water, to bring it to a perfect Paste, then mould it up with a little Anniseed and a grain of Musk; then make it up like Dutch bread, and bake it on a Pye-plate in a warm Oven, till they rise somewhat high and white, take them out, but handle them not till they be thoroughly dry and cold.

To

To make Prince Biskets.

Take a pound of searsed Sugar, and a pound of fine flower, eight Eggs with two of the reddest yolks taken out, and so beat together one whole hour, then take you Coffins, and inchoice them over with Butter very thin, then to it put an ounce of Anniseeds fine dusted, and when you are ready to fill your Coffins, put in the Anniseeds, and so bake it in an Oven as hot as for Manchet, &c.

To make Marchpane, to Ice, and Gild, and garnish it according to Art.

Take Almonds, and blanch them out of seething water, and beat them till they come to fine Paste in a stone Mortar, then take fine searsed Sugar, and so beat it all together till it come to a perfect paste, putting in now and then a spoonful of Rose-water, to keep it from Oyling; then cover your Marchpane with a sheet of paper as big as a Charger, then cut it round by that charger, and set an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a baking-pan, and

and when it is hard and dry, take it out of the Oven, and Ice it with Rose-water and Sugar, and the white of an Egge, being as thick as Butter, and spread it over this with two or three feathers; and then put it into the Oven again, and when you see it rise high and white, take it out again and garnish it with some pretty conceit, and stick some long Comfits upright in it, so gild it, then strow Biskets and Carawayes on it. If your Marchpane be oily in beating, then put to it as much rose-water as will make it almost as thin as to Ice.

Lorenges.

Take Blossoms of flowers, and beat them in a bowl-dish, and put them in as much clarified sugar as may come to the colour of the cover, then boll them with stirring, till it is come to sugar again; then beat it fine, and searse it, and so work it up to paste with a little Gum Dragon, steep it in Rose-water, then print it with your mould, and being dry keep it up.

To

To make Walnuts artificial.

Take searfed sugar, and Cinnamon, of quantity alike, work it up with a little Gum Dragon, steep it in Rose-water, and print in a mould made like a Walnut-shell, then take white sugar-plates, print it in a mould made like a Walnut-kernel, so when they are both dry, close them up together with a little Gum Dragon betwixt, and they will dry as they lie.

To make Collops like Bacon of Marchpane.

Take some of your Marchpane Paste, and work it in red Saunders till it be red; then rowl a broad sheet of white Paste, and the sheet of red Paste, three of the white, and four of the red, and so one upon another in mingled sorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

To make artificial Fruits.

Take a mould made of Alabaster,
three

three yolks, and tie two pieces together, and lay them in water an hour, and take as much sugar as will fill up your mould, and boil it in a *Mannus Christi*, then pour it into your mould suddenly, and clap on the lid, round it about with your hand, and it will be whole and hollow, then colour it with what colour you please, half red, or half yellow, and you may yellow it with a little Saffron steeped in water.



Touching Preserves and Pomanders.

To make an excellent Perfume to burn between two Rose-leaves.

✓ **T**AKE an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, six grains of Musk, a little Gum Dragon steeped in water,

water, and beat all this to paste, then roll it in little pieces as big as you please, then put them betwixt two Rose leaves, and so dry them in a dish in an Oven, and being so dried, they will burn with a most pleasant smell.

To make Pomander.

Take an ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all these Gums to a perfect paste; in beating of it, put in six grains of Musk, four grains of Sivet; when you have beaten all this to a fine paste with your hands with Rose-water, rowl it round betwixt, your hands, and make holes in the beads, and so string them while they be hot.

To make an Ipswitch water.

Take a pound of fine white Castle Sope, shave it thin in a pint of Rose water, and let it stand two or three dayes; then pour all the water from it, and put to it half a pint of fresh water, and so let it stand one whole day, then pour out that, and put half

a pint more, and let it stand a night more, then put to it half an ounce of powder called sweet Marjoram, a quarter of an ounce of powder of winter Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Musk; and as much Ambergreese; work all these together in a fair Mortar, with the powder of an Almond Cake dried, and beaten as small as fine Flower, so roul it round in your hands in Rose-water.

To make a sweet Smell.

Take the Masse of a sweet Apple tree, being gathered betwixt the two Lady dayes, and put to it a quart of Damask Rose-water, and dry it in a dish in an Oven; wet it drying two or three times with Rose-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ; these Gums being beaten to powder, with a few leaves of Roses, then you may put what cost of Smells you will bestow, as much Civet or Ambergreese, and beat it all together in a Pomander or a Bracelet.

Touch



Touching VVine.

To make Hypocras.

TAKE four gallons of Claret Wine, eight ounces of Cinnamon, three Oranges, of Ginger, Cloves, and Nutmegs a small quantity, Sugar six pound, three sprigs of Rosemary, bruise all the spices somewhat small, and so put them into the Wine, and keep them close stopped, and often shaken together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

The Lady Thornburghs Syrup of Elders.

Take Elder-berries when they be red, bruise them in a stone Mortar, strain the juyce, and boil it to a Consumption of almost half, scum it very clear, take it

off the fire whilest it is hot, put in sugar to the thickness of a syrup ; put it no more on the fire, when it is cold, put it into glasses, not filling them to the top, for it will work like Beer.

This cleanseth the stomach and spleen, and taketh away all obstructions of the Liver; by taking the quantity of a spoonful in a morning, and fasting a short time after it.

To make gelly of Raspis the best way.

Take the Raspis, and set them over the fire in a Posnet, and gather out the thin juyce, the bottom of the skillet being cooled with fair water, and strain it with a fine strainer, and when you have as much as you will, then weigh it with sugar, and boil them till they come to a gelly, which you may perceive by drawing your finger on the back of the spoon.

To dry Fox Skins.

Take your she Fox skins, nail them upon a board as strait as you can, then brush them as clean as you can,
then

then take Aqua Fortis, and put into it a six pence, and still put in more as long as it will dissolve it, then wash your skin over with this water, and set it to dry in the Sun ; and when it is dry, wash it over with the spirits of Wine ; this must be done in hottest time of summer.



Choice secrets made known.

To make true Magistery of Pearl.

Dissolve two or three ounces of fine seed Pearl in distilled Vinegar, and when it is perfectly dissolved, and all taken up, pour the Vinegar into a clean glass Bason ; then drop some few drops of Oyl of Tartar upon it, and it will cast

O 3

down

down the Pearl into fine powder, then pour the Vinegar clean off softly, then put to the Pearl clear Conduit or Spring water; pour that off, and do so often untill the taste of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your use.

How to make Hair grow.

Take half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you rise, in a Sawcer, and tie a little sponge of a fine box comb, and dip it in the water, and therewith moisten the roots of the hair; in combing it, and it will grow long, thick, and curled in a very short time.

To write Letters of secrets that they cannot be read without the directions following.

Take fine Allum, beat it small, and put a reasonable quantity of it into water, then write with the said water.

The work cannot be read, but by steeping your paper into fair running water.

You

You may likewise write with Vinegar, or the juyce of Limon or Onion; if you would read the same, you must hold it before the fire.

How to keep Wine from sowering.

Tie a piece of very salt Bacon on the inside of your barrel, so as it touch not the Wine, which will preserve Wine from sowering.

To take out spots of Grease or Oyl.

Take bones of sheeps feet, burn them almost to ashes, then bruise them to powder, and put of it on the spot, and lay it in the Sun when it shineth hottest, when the powder becomes black, lay on fresh in the place till it fetch out the spots, which will be done in a very short time.

To make hair grow black though any colour.

Take a little Aqua Fortis, put therein a groat or six pence, as to the quantity of the aforesaid water, then set both to dissolve before the fire, then dip a

small sponge in the said water, and wet your beard or hair therewith, but touch not the skin.

King Edwards Perfume.

Take twelve spoonfuls of right red Rose water, the weight of six pence in fine powder of sugar, and boil it on hot Embers and Coals softly, and the house will smell as though it were full of Roses; but you must burn the sweet Cipress wood before, to take away the gross air.

Queen Elizabeths Perfume.

Take eight spoonfuls of Compound water, the weight of two pence in fine powder of sugar, and boil it on hot Embers and Coals softly, and half an ounce of sweet Marjoram dried in the sun, the weight of two pence of the powder of Benjamin. This Perfume is very sweet and good for the time.

Mr. Ferene of the New Exchange, Perfumer to the Queen, his rare Dentifrice so much approved of at Court.

First take eight ounces of Irios roots, also four ounces of Pomistone, and eight ounces of Cutel bone, also eight ounces of mother of Pearl, and eight ounces of Corral, and a pound of brown sugarcandy, and a pound of Brick if you desire to make them red; but he did oftner make them white, and then instead of the Brick did take a pound of fine Alabaster; all this being thoroughly beaten and sifted through a fine searse, the powder is then ready prepared to make up in a paste, which must be done as follows.

To make the said powder into a Paste.

Take a little Gum Dragon, and lay it in steep twelve hours, in Orange flower water or Danask Rose-water, and when it is dissolved, take the sweet Gum, and grinde it on a Marble stone with the aforesaid powder, and mixing some crums of white bread, it will come into a Paste, the which you may make Dentifrices, of what shape or fashion you please, but long rolls is the most commodious for your use.

The Receipt of the Lady Kents powder, presented by her Ladyship to the Queen.

Take white Amber, Crabs eyes, red Coral, Harts-horn and Pearl, all prepared severall, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath some Saffron put into a bag, dissolve into it while the gelly is warm, then let the gelly cool, and therewith make a paste of the powders, which being made up into little balls, you must dry gently by the fire side. Pearl is prepared by dissolving it with the juyce of Limons, Amber prepared by beating it to powder, so also Crabs eyes and Corral, Harts-horn prepared by burning it in the fire, and taking the shires of it especially, the fifth wholly rejected.

A Cordial Water of Sir Walter Raleigh.

Take a Gallon of Strawberries, and put them into a pint of *Aqua vita*, let them stand so four or five dayes, strain them gently out, and sweeten the water as you please with fine Sugar; or else with perfume.

The

The Lady Malets Cordial Water.

Take a pound of fine Sugar beaten, and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Rose-water, which you must alwayes pour still through the bag, then four penniworth of Angelica water, four pence in Clove water, four pence of Rosa solis, one pint of Cinnamon water, or three pints and a half of *Aqua vita*, as you finde it in taste; put all these together three or four times through the bag or strainer, and then take half an ounce of good Muskallis, and cut them grossly, and put them into a glass, and fill them with the water, &c.

A Sovereign water of Dr. Stephens, which he long time used, wherewith he did many Cures; he kept it secretly till a little before his Death, and then he gave it to the Lord Arch-Bishop of Canterbury in writing, being as followeth, viz.

Take a Gallon of good Gascoine
Wine,

Wine, and take Ginger, Gallingle, Cinnamon, Nutmegs, Cloves, Grains, Aniseeds, Fennil-seed, of every of them a dram, then take Caroway-seed, of red Mints, Roses, Thime, Pellitory of the Wall, Rosemary, Wilde Thime, Camomil, the leaves, if you cannot get the flowers, of small Lavender, of each a handful, then bray the spices small, and bray the hearbs, and put all into the Wine, and let it stand so twelve hours, stirring it divers times, then still it in a Limbeck, and keep the first water, for it is best, then put the second water by it self, for it is good, but not of such vertues, &c.

The Vertue of this Water.

It comforts the Spirits Vital, and helps all inward diseases that come of cold, it is good against the shaking of the Palsey; it cures the contraction of the Sinnewes, helps the conception of women if they be barren, it kills the worms in the Belly and Stomach; it cures the cold Dropfie, and helps the stone in the Bladder, and in the Reins of the Back; it helps shortly the stinking breath, and whosoever useth this water morning and evening (and not too often) it preserveth

serveth him in good liking, and will make him seem young very long, and comforteth nature marvellously; with this water did Doctor *Stephens* preserve his life, till extream age would not let him go or stand; and he continued five years, when all the Physicians judged he could not live a year longer, nor did he use any other Medicine but this, &c.

A Plague water to be taken one spoonful every four hours with one sweat every time.

Take Scabious, Betony, Pimpernel, and Turmentine roots, of each a pound, steep these all night in three gallons of strong Beer, and distill them all in a Limbeck, and when you use it, take a spoonful thereof every four hours, and sweat well after it, draw two quarts of water, if your Beer be strong, and mingle them both together.

Poppy Water.

Take four pound of the flower of Poppies well pickt and sifted, steep them all night in three gallons of Ale that is strong, and still it in a Limbeck, you may

may draw two quarts, the one will be strong, and the other will be small, &c.

A Water for a Consumption, or for a brain that is weak,

Take Cream (or new Milk) and Claret-Wine, of each three pints, of Violet flowers, Bugloss and Borage flowers of each a spoonful, Comfrey, Knot-grass, and Plantain, of these half a handful, three or four Pome-waters sliced, a stick of Liquorish, some Pompion seeds and strings, put to this a Cock that hath been chased and beaten before he was killed, dress it as to boil, and parboil it untill there be no blood in it, then put them in a pot, and set them over your Limbeck, and the soft fire, draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boil it a while, dissolve therein six ounces of white Sugar-candy, and two penny weight of Saffron; when it is cold strain in into a glass, and let the Patient drink three or four spoonfuls three or four times a day blood-warm; your Cock must be cut into small pieces, and the bones broken, and in case the flowers and hearbs are hard to come by, a spoonfull of their stilled waters are to be used.

An-

Another for the same.

Take a pottle of good Milk, one pint of Muscadine, half a pint of red Rose-water, a penny Manchet sliced thin, two handfuls of Raisins of the Sun stoned, a quarter of a pound of fine sugar, sixteen Eggs beaten; mixe all these together, then distill them in a common still with a soft fire, then let the Patient drink three or four spoonfuls at a time bloud-warm, being sweetened with *Mannus Christi* made with Corral and Pearl, when your things are all in the Still, strew four ounces of Cinnamon beaten, this water is good to put in broth, &c.

A good Stomach water.

Take a quart of Aqua Composita, or Aqua vitæ (the smaller) and put in to it one handful of Cowslip flowers, a good handful of Rosemary flowers, sweet Marjoram, a little Pellitory of the Wall, a little Betony and Balm, of each a little handful, Cinnamon half an ounce, Nutmegs 2 dram, Anniseeds, Coriander

riander seeds, Caroway seeds, Gromel seeds, Juniper berries, of each a dram, bruise the spice and seed, and put them into Aqua Composita, or *Aqua vita* with your hearbs together, and put into them a pound of very fine sugar, stir them well together, and put them into a glass, and let it stand in the Sun nine dayes, and stir it every day; two or three Dates, and a little race of Ginger sliced into it will make it the better, especially against winde, &c.

A Bag of Purging Ale.

Take of Agrimony, Speedwel, Liverwort, Scurvy gras, Water Cresses, of each a handful, of Monk, of Rhubarb and red Maddet, of each half a pound, of Horse-Radishes three ounces, Liquorish two ounces, Sassafrage four ounces, Senna seven ounces, sweet Fennel-seeds two drams, Nutmegs four: pick and wash your hearbs and roots, and bruise them all in a Mortar, and put them in a bag made of a Bolter, and so hang them in three galons of middle ale, and let it work in the ale, and after three dayes you may drink of it as you see occasion; &c.

The

*The Ale of Health and Strength, by
Vicount St. Albans.*

Take Sassafras-wood half an ounce, Sarsaparilla three ounces, white Saunders one ounce, Chamapition an ounce, China root half an ounce, Mace a quarter of an ounce, cut the wood as thin as may be with a knife into small pieces, and bruise them in a Mortar; put to them these sorts of hearbs, (*viz.*) Cowslip flowers, Roman Wormwood, of each a handfull, of Sage, Rosemary, Betony, Mugwort, Balm and sweet Marjoram, of each half a handfull, of Hops; boil all these in six gallons of Ale till it come to four, then put the wood and hearbs into six gallons of Ale of the second wart, and boil it till it come to four, let it run from the dregs, and put your Ale together, and turn it as you do other purging Ale, &c.

A water excellent good against the Plague.

Take three pints of Malmsey, or Muscadine, of Sage and Rue of each
one

one handful, boil them together gently to one pint, then strain it and set it on the fire again, and put to it one penniworth of Long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boil a little, take it off the fire, and while it is very hot dissolve therein six penniworth of Mithridate, and three penniworth of Venice Treacle, and when it is almost cold put to it a pint of strong Angelica water, or so much *Aqua vita*, and so keep it in a glass close stopped.

A Cordial Cherry Water.

Take a pottle of *Aqua vita*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one stick of Cinnamon, three spoonfuls of Aniseeds bruised, let these stand in the *Aqua vitæ* fifteen dayes, and when the water hath fully drawn out the Tincture, pour it off into another glass for your use, which keep close stopped, the spice and the Cherries you may keep, for they are very good for wind in the Stomach.

The Lord Spencers Cherry water.

Take a pottle of new Sack, four pound of through ripe Cherries stoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruised one dram, tops of balm, Rosemary or their flowers, of each one handful, let them stand close covered twenty four hours, now and then stirring them: then put them into a cold Still, to which put of beaten Amber two drams, Coriander seed one ounce, Alkermes one dram, and distill it leasurely, and when it is fully distilled, put to it twenty grains of Musk. This is an excellent Cordiall, good for Faintings and Swoundings, for the Crudities of the Stomach, Winde and swelling of the Bowels, and divers other evil Symptoms in the body of Men and Women.

The beards to be distilled for Usquebath.

Take Agrimony, Fumitory, Betony, Bugloss, Wormwood, Harts-tongue, Carduus Benedictus, Rosemary, Angelica,

lica, Tormentil, of each of these for every gallon of Ale one handfull, Ani-seeds and Liquorish well bruised half a pound. Still all these together, and when it is stilled, you must infuse Cinnamon, Nutmeg, Mace, Liquorish, Dates, and Raisins of the Sun, and Sugar what quantity you please. The infusion must be till the colour please you.

Dr. Kings way to make Mead.

Take five quarts and a pint of Water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it must boil till the scum rise black, that you will have it quickly ready to drink, squeeze into it a Limon when you turn it. It must be cold before you turn it up.

To make Syrup of Rasberries.

Take nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paste it up very close, and set it in a Cellar for ten dayes,

dayes, then distill it in a Glass or Rose-filt, then take more Sack and put in Raspberries to it, then when it hath taken out all the colour of the Raspis, strain it out, and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum doth rise; then take it off the fire, let it not boil, skim it very clean, and when it is cold put it to your distilled Raspis; but colour it no more then to make it a pale Claret-wine. This put into bottles or glasses stopt very close.

To make Limon Water.

Take twelve of the fairest Limons, slice them, and put them into two pints of White-wine, and put to them Cinnamon two drams, Gallingle two drams, of Rose leaves, Borage and Bugloss flowers of each one handful, of yellow Saunders one dram; steep all these together twelve hours, then distill them gently in a Glass Still untill you have distilled one pint and an half of the water, and then adde to it three ounces of Sugar, one grain of Ambergreese, and you will have a most pleasing

sing cleansing Cordial water for many uses.

To make Gilly-flower Wine.

Take two ounces of dried Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grinde some Ambergreese, and put it in the bottle and shake it oft, then run it through a gelly bag, and give it for a great Cordial after a weeks standing or more. You make Lavender Wine as you do this.

The Lady Spotswoods Stomach Water.

Take White-wine one pottle, Rosemary and Cowslip flowers, of each one handful, as much Betony leaves, Cinnamon and Cloves grossly beaten, of both one ounce; steep all these three dayes, stirring it often; then put to it Michi-date four ounces, and stir it together, and distill it in an ordinary still.

Water

Water of Time for the passion of the Heart.

Take a quart of White - wine, and pint of Sack, steep it in as much broad Thyme as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and grains of Paradise two drams, steep these all night, the next morning distill it in an ordinary Still, drink it warm with Sugar.

A Receipt to make Damnable Hum.

Take species de Gemmis, Aromaticum Rosatum, Diarhodon Abbatis, Lætificans Galeni, of each four drams, Loaf sugar beaten to powder half a pound, small *Aqua vita* three pints, strong Angelica water one pint; mixe all these together, and when you have drunk it to the dregs, you may fill it up again with the same quantity of waters. The same powders will serve twice, and after twice using it, it must be made new again.

*this is the Damndest
Liquor that ever was
beeverd in the world*

An admirable Water for sore Eyes.

Take *Lapis Tutia*, Aloes Hepatica, fine hard Sugar, of each three drams, beat them very small, and put them into a Glas of three pints, to which put red Rose - water and White-wine, of each one pint; set the Glas in the Sun in the moneth of *July*, for the whole moneth, shaking it twice in a day for all that while; then use it as followeth, put one drop thereof into the Eye in the evening, when the party is in bed, and one drop in the morning an hour before the patient riseth: Continue the use of it till the Eyes be well. The older the Water, the better it is. Most approved.

*A Snail Water for weak Children,
and Old people.*

Take a pottle of Snails, and wash them well in two or three waters, and then in small Beer, bruise them shells and all, then put them into a gallon of red Cowes milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Marjoram,

Marjoram, of each one handfull, and so distill them in a cold still, and let it drop upon powder of white Sugarcandy in the receiver; drink of it first and last, and at four a clock in the afternoon, a Wine glass full at a time.

Clary water for the Back, Stomach, &c.

Take three gallons of midling Beer, put it in a great brasse Pot of four gallons, and put to it ten handfulls of Clarey gathered in a dry day, Raisins of the Sun stoned three pounds, Anniseeds and Liquorish of each four ounces, the whites and shells of twenty four Eggs, or half so many if there be not so much need in the back, the shells small, and mixe them with the whites; put to the bottoms of three white loaves, put into the receiver one pound of white Sugarcandy, or so much fine loaf sugar beaten small, and distill it through a Limbeck, keep it close, and be seldom without it, for it reviveth very much the stomach and heart, strengthneth the Back, procureth Appetite and digestion, driveth away Melancholly, sadness and heaviness of the Heart, &c.

Dr. Montfords Cordial water.

Take Angelica leaves twelve handfuls, six leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the seeds of Angelica and sweet Fennel, of each five ounces bruised, scraped and bruised Liquorish twelve ounces, Aromaticum Rosatum, Diamoscus dulcis of each six drams; the hearbs being cut small, the seeds and Liquorish bruised, infuse them into two gallons of Canary Sack for twenty four hours, then distill it with a gentle fire, and draw off onely five pints of the spirits, which mixe with one pound of the best Sugar dissolved into a syrup in half a pint of pure red Rose-water.

Aqua mirabilis, Sir Kenelm Digby's way.

Take Cubebs, Gallingle, Cardamus, Melliot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruised small, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, Sugar one pound, flower of Cowslips, Rosemary, Borage

Borage, Buglosse, Marigolds, of each two drams, the best Sack three pints, strong Angelica water one pint, red Rose-water half a pint, bruise the spices and flowers, and steep them in the Sack and juyces one night, the next morning distill it in an ordinary or glass still, and first lay Harts-tongue leaves in the bottom of the still.

The Vertues of the precedent Water.

This water preserveth the Lungs without grievances, and helpeth them; being wounded, it suffereth not the blood to putrefie, but multiplyeth the same; this water suffereth not the heart to burn, nor melancholly, nor the spleen to be lifted up above nature; it expelleth the Rhume, preserveth the Stomach, conserveth Youth, and procureth a good colour, it preserveth Memory, it destroyeth the Palsie; if this be given to one a dying, a spoonful of it reviveth him; in the summer use one spoonful a week fasting, in the winter two spoonfuls.

A Water for fainting of the Heart.

Take Bugloss and red Rose-water,

of each one pint, Milk half a pint, Anniseeds and Cinnamon grossly bruised, of each half an ounce, Maiden-hair two handfuls, Harts-tongue one handful, both shed, mixe all together, and distill it in an ordinary still, drink of it morning and evening with a little sugar.

A Surfet Water.

Take half a bushel of red Corn Poppy, put it into a large dish, cover it with brown paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Aqua vita*, to which put Raisins of the Sun stoned half a pound, six figs sliced, three Nutmegs sliced, two flakes of Mace bruised, two races of Ginger sliced, one stick of Cinnamon bruised, Liquorish sliced one ounce, Anniseed, Fennel-seed, and Cardamums bruised, of each one dram; put all these into a broad glass bottle, and lay first some Poppy in the bottom; then some of the other Ingredients, then Poppy again, and so till the glass be full; then

then put in the *Aqua vite*, and let it infuse till it be strong of the spices, and very red with the Poppy, close covered, of the which take two or three spoonfuls upon a Surfeit, and when all the liquor is spent, put more *Aqua vite* to it, and it will have the same effect the second time, but no more after.

Dr. Butlers Cordial Water against Melancholly, &c. Most approved.

Take the flowers of Cowslips, Marigolds, Pinks, Clove-gilly-flowers, single stock Gilly-flowers, of each four handfuls, the flowers of Rosemary, and Damask Roses, of each three handfuls, Borage, and Bugloss flowers, and Balm leaves, of each two handfuls; put them in a quart of Canary Wine into a great bottle or jugge close stopped with a cork, sometimes stirring the flowers and Wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, English Saffron two penniworth; after some time infusion, distill them in a cold Still with a hot fire, hanging at the Nose of the Still,

Ambergreese and Musk, of each one grain: then to the distilled water put white Sugarcandy finely beaten six ounces, and put the glass, wherein they are into hot water for one hour. Take of this water at one time three Spoonfuls thrice a week, or when you are ill, it cureth all melancholly fumes, and infinitely comforts the spirits.

*The admirable and most famous
Snail-water.*

Take a peck of garden shell Snails, wash them well in small Beer, and put them in an hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shells and all in a stone Mortar, then take a quart of earth-Worms, scower them with Salt, flit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary-flowers, Bears foot, Agrimony, red Dock roots, Bark

Bark of Barberries, Betony, wood-Sorrel, of each two handfuls, Rue one handful; then lay the Snails and Worms on the top of the hearbs and flowers, then pour on three Gallons of the strongest Ale, and let it stand all night; in the morning put in three ounces of Cloves beaten, six penniworth of beaten Saffron, and on the top of them six ounces of shaved Harts-horn, then set on the Limbeck, and close it with paste, and so receive the water by pints, which will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls in four spoonfuls of small Beer, and the like in the afternoon; you must keep a good diet, and use moderate exercise to warm the bloud.

This water is good against all obstructions whatsoever. It cureth a Consumption and Dropfie, the stopping of the Stomach and Liver. It may be distilled with Milk for weak people and children with Harts-tongue and Elecampane.

A singular Mint Water.

Take a still full of Mints, put Balm and Penniroyal, of each one good handfull ; steep them in Sack, or Lees of Sack twenty four hours, stop it close, and stir it now and then : Distill it in an ordinary Still with a very quick fire, and keep the Still with wet clothes, put into the Receiver as much sugar as will sweeten it, and so double distill it.



Distillings.

*A most excellent Aqua Cœlestis taught by
Mr. Philips Apothecary.*

TAKE of Cinnamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs of each of them one dram, Cardamon the bigger and

and lesser, of each three drams, Setwell roots half an ounce, Anniseed, Fennel-seed, Basil-seed, of each two drams, Angelica roots, Gilly flowers, Thime, Calamint, Liquorish, Calamus, Masterwort, Penniroyal, Mint, Mother of Thime, Marjoram, of each two drams, red Rose seed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galingal, Nutmegs, of each two drams, the flowers of Stechados, Rosemary, Borage, and Bugloss flowers, of each a dram and half, Citron rindes three drams; bruise them all, and put in these Cordial powders, Diamber Aromaticum, Diamuscum; Diachoden, the spices made with Pearl, of each three drams; infuse all these in twelve pints of *Aqua vite*, in a glass close stopped for fifteen dayes, often shaking it, then let it be put in a Limbeck close stopped, and let it be distilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreese, and ten or twelve grains of gold, and so receive it to your use.

*Hypocras taught by Dr. Twine for winds
in the stomach.*

Take Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce grossly beaten, Rosemary, Agrimony, both shred, of each a few crops, red rose leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay these to steep in a gallon of good Rhenish or White-wine in a close vessel, stirring it two or three times a day the space of three or four dayes together, then strain it through an Hypocras strainer, and drink a draught of it before meat half an hour, and sometimes after to help digestion.

*Marigold flowers distilled, good for the pain
of the Head.*

Take Marigold flowers, and distill them, then take a fine cloth and wet in the aforesaid distilled water, and so lay it to the forehead of the Patient, and being so applyed, let him sleep if he can: this with Gods help will cease the pain.

A water good for Sun-burning.

Take water drawn off the Vine dropping, the flowers of white Thorn, Bean-flowers, Water Lilly-flowers, Garden Lilly flowers, Elder-flowers, and Tansie flowers, Althea flowers, the whites of Eggs, French Barley.

The Lady Giffords Cordial water.

Take four quarts of *Aqua vine*, Borage and Poppy water, of each a pint, two pound of Sugarcandy, one pound of Figs sliced, one pound of Raisins of the Sun stoned, two handfuls of red Roses clipped and dried, one handful of red Mint, half a handful of Rosemary, as much of Hyssop, a few cloves; put all these in a great double Glass close stopped, and set it in the Sun three moneths, and so use it.

*A Water for one pensive and very sick to
comfort the heart, very excellent.*

Take a good spoonfull of Manus Christi beaten very small into powder, then take a quarter of a pound of very fine sugar, and beat it small, and six spoonfuls of Cinnamon water, and put to it, and ten spoonfuls of red Rose-water, mingle all these together, and put them in a dish, and set them over a soft fire for five or six walms, and so let it be put into a glass; and let the party drink thereof a spoonful or two as he shall see cause.

To perfume Water.

Take Malmsey or any kind of sweet water, then take Lavander, Spike, sweet Marjoram, Balm, Orange peels, Thime, Basil, Cloves, Bay-leaves, Woodbine flowers, red and white Roses, and fill them all together.

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F I N I S.

W. M.

THE
COMPLEAT
COOK:

Expertly prescribing the
most ready wayes,

whether *Italian,*
Spanish,
or French,

For Dressing of *Flesh*, and
Fish, ordering of *Sauces*,
or making of

PASTREY.

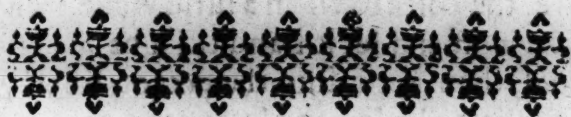
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THE COMPLEAT COOK:

Expertly prescribing the
most ready wayes, whether Itali-
an, Spanish, or French, for
dressing of FLESH
and FISH, &c.

*To make a Posset, the Earl of Arun-
dels way.*

TAke a quart of Cream, and a
quarter of a Nutmeg in it, then
put it on the fire, and let it
boil a little while, and as it
is boiling, take a Pot or Bason, that you
mean to make your Posset in, and put in
three Spoonfuls of sack, and some eight of
Ale,

Ale, and sweeten it with sugar, then set it over the coles to warm a little while, then take it off and let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

To boil a Capon larded with Limons.

TAKE a fair Capon and truss him, boil him by himself in fair water, with a little small Oat-meal, then take mutton broth, and half a pint of White-wine, a bundle of hearbs, whole Mace, season it with Verjuice, put marrow, dates, season it with sugar, then take preserved limons and cut them like lard, and with a larding pin lard it in, then put the capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PARBOIL it, and then sauce it in vinegar, then lard it very thick, and season it with pepper, ginger, and nutmegs, put it into a deep pie with good store of sweet butter, and let it bake, when it is baked, take a pint of Hippocras, half a pound

of

of sweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pie in the Oven and let it lie and soak an hour, then take it out, and when it is cold stop the vent hole.

To make fine Pan-cakes fried without Butter or Lard.

TAKE a pint of cream, and six new laid eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a little beaten Mace (which you please) and so much flour as will thicken almost as much as ordinarily Pan-cake batter; your pan must be heated reasonably hot and wiped with a clean cloth, this done put in your Batter as thick or thin as you please.

To dress a Pig the French manner.

TAKE it and spit it, & lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you have so done, take some White-wine and strong broth, and stew it therein, with an Onion or two mixed very small, a little

Time also minced with Nutmeg sliced and grated, Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same liquor it is stewed in, with French Bread sliced under it, with Oranges and Limons.

To make a Steak Pie, with a French Pudding in the Pie.

SEason your steaks with pepper & nutmegs, & let it stand an hour in a tray; then take a piece of the leanest of a Leg of Mutton, and mince it small with Suet, and a few sweet herbs, tops of yong time, a branch of Penniroyal, two or three of red sage, grated bread, yolks of eggs, sweet Cream, Raisins of the Sun; work all together like a pudding with your hand stiff, and roul them round like balls, and put them into the steaks in a deep coffin, with a piece of sweet Butter; sprinkle a little Verjuyce on it, bake it, then cut it up, and roul sage leaves and fry them, and stick them upright in the walls, and serve your Pie without a cover, with the juyce of an Orange or Limon.

An excellent way of dressing fish.

TAKE a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six Spoonfuls of water, and four of Vi-egar, and as much of White-wine, a good deal of salt, a handful of sweet herbs, a little white sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a pi. kin close, and set it in a Kettle of seething water, and there let it stew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taste also to your minde.

To fricate Sheeps feet.

TAKE sheeps feet, slit the bone, and pick them very clean, then put them in a Frying-pan, with a ladle full of strong broth, a piece of butter, and a little Salt, after they have fryed a while, put to them a little Parsley, green Chibals, a little young Spearmint and Time, all shred very small, & a little beaten pepper; when you

think they are fried almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Limon wrung therein, and put this lear to the sheeps feet as they fry in the pan, then toss them once or twice, and put them forth into the Dish you mean to serve them in.

To fricate Calves Chaldrons.

TAKE a calves Chaldron, after it is little more then half boiled, and when it is cold, cut into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then put it into a frying-pan, with a Ladle-full of strong broth, and a little piece of sweet butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Limon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, toss you Fricate two or three times, then dish it, and so serve it up.

To Fricate Champignons.

MAke ready your champignons as you do for stewing, and when you have poured away the black liquor that comes from them, put your champignons into a Frying-pan with a piece of sweet butter, a little Parsley, Time, sweet Marjoram, a piece of Onion shred very small, a little Salt and fine beaten Pepper, so fry them till they be enough, so have ready the lea above said, and put it to the champignons whilest they are in the Pan, toss them two or three times, put them forth and serve them.

To make Buttered Loaves.

TAke the yolks of twelve Eggs, & six whites, & a quarter of a pint of yelt, when you have beaten the eggs well, strain them with the yeast into a dish, then put to it a little salt, and two rasps of Ginger beaten very small, then put flour to it till it come to a high Past that will not cleave then you must roll it upon your hands, and afterwards put it into a warm cloth, and let it lie there a quarter of an hour, then make it up in little Loaves, bake it.

against it is baked, prepare a pound and a half of Butter, a quarter of a pint of White-wine, and half a pound of Sugar ; this being melted and beaten together with it, set them into the oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet, or Wale, &c.

TAKE a quart of water to a gallon of Vinegar, a good handful of Bay-leaves, as much Rosemary, a quarter of a pound of Pepper beaten ; put all these together, and let it seethe softly, and season it with a little salt, then fry your fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is cold, cover it, &c.

To make a Calves Chaldron Pie.

TAKE a Calves Chaldron, half boild, & cool it ; when it is cold mince it as small as grated bread, with half a pound of Marrow ; season it with salt, beaten Cloves, Mace, Nutmeg, a little Onion, and some of the outmost rind of a Limon
minced

minced very smal, and wring in the juyce of half a Limon, and then mixe all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juice of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Pie-meat.

To make a Pudding of a Calves Chaldron.

TAKE your Chaldron after it is half-boiled and cold, mince it as small as you can with half a pound of beef suet, or as much marow, season it with a little onion, Parsley, Tyme, and the outmost rind of a piece of Limon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five eggs, and a little sweet Cream; then have ready the great guts of Mutton scraped and washed very clean; let your Gut have laine in White-wine and salt half a day before you use it; when your meat is mixed & made up somewhat stiff, put it into the sheeps guts, and so boil it, when

when it is boiled enough, serve it to the Table in the Gut.

To make a Banbury-cake.

TAKE a peck of pure Wheat-flower, six pound of currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale yeast, and a little Rose-water; then boil as much new milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonshire White-po.

TAKE a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet; then take almost a penny Loaf of fine bread sliced very thin, and put it into a dish that will hold it, the Cream and the Eggs being put to it; then take a handful of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

To

To make Rice Cream.

TAke a quart of cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rose-water, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water-pap.

To make a very good great Oxfordshire Cake.

TAke a peck of flower by weight, & dry it a litle, and a pound and a half of Sugar, an ounce of cinamon, half an ounce of nutmegs, a quarter of an ounce of mace & cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flower and Sugar; then take three pound of butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream; half a pint of Sack, six grains of Ambergreese dissolved in it, half a
pint

pint of Rosewater, sixteen Eggs, eight of the whites, mixe these with the flour, and knead them well together, then let it lie warm by your fire till your Oven be hot, which must be little hotter then for manchet ; when you make it ready for your oven, put to your cake six pound of Currans, two pound of Raisins of the Sun stoned and minced, so make up your cake, and set in your oven stopt close ; it will take three hours baking ; when baked, take it out and frost it over with the white of an Egge and Rosewater well beat together, and strew fine sugar upon it, & then set it again into the oven, that it may ice.

To make a Pumpkin Pie.

TAKE about half a pound of Pumpion and slice it, a handful of Time, a little Rosemary, Parsley, and sweet Morjoram slipped off the stalks, & chop them small, then take Cinamon, Nutmeg, Pepper, and six Cloves, and beat them ; take ten Eggs and beat them, then mixe them, and beat them altogether, and put in as much sugar as you think fit, then fry them like a froiz ; after it is fryed, let it stand till it be cold, then fill your Pye, take sliced Apples thin round wayes, and lay a row of the Froiz, and a layer of apples with Currans

Currans betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it; when the pie is baked, take six yolks of Eggs, some white-wine or Verjuice, and make a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilest the Eggs and Pumpions be not perceived, and so serve it up.

*To make the best Sausages that
ever was eat.*

TAKE a leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef suet, and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onion, chop them all together with the flesh and suet; if it is small enough, put the yolk of two or three Eggs, and mix all together, and make it up in a paste; if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them, this paste will keep a fortnight upon occasion.

To

To boil a Fresh Fish.

TAKE a carp, or other, and put them into a deep dish, with a pint of white-wine, a large Mace, a little Time, Rosemary, a piece of sweet Butter, and let him boil between two dishes in his own bloud, season it with Pepper and Verjuyce, and so serve it up on sippers.

To make Fritters.

TAKE half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very wel the Eggs first, then altogether, put in some Ginger, and Salt, and fine flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef suet, or half Beef, and half Hoggs-suet tried out of the leaf.

To make Loaves of Cheese-curds.

TAKE a Porringer full of Curds, and four Eggs, whites, & yolks, & so much flour as will make it stiff, then take a little Ginger, Nutmeg, & some Salt, make them into loaves, and set them into an oven with

a quick heat ; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of sugar, and so serve it.

To make fine pies after the French Fashion.

TAKE a pound and half of Veal, two pound of suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six dates, two Nutmegs, a spoonful of Pepper, an ounce of Sugar, an ounce of Carowayes, a Saucer of Verjuyce, and as much Rosewater, this will make three fair Pies ; with two quarts of flour, three yolks of Eggs, and half a pound of Butter.

A singular Receipt for making a Cake.

TAKE half a peck of flour, two pound of Butter, mingle it with the flour, three nutmegs, & a little mace, cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flour and Butter, five pound of Currans well washed, and pickt, & dried in a warm Cloth, a wine pint of Ale-yeast, six Eggs, leave out the whites, a quart of Cream boiled and almost cold again :
work

work it well together, and let it be very lish, lay it in a warm Cloth, and let it lie half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rose-water, and Sugar; ice it over and put it into the oven, and let it stand one whole hour and a half.

To make a great Curd Loaf.

TAKE the Curds of three quarts of new milk clean whayed, and rub into them a little of the finest flour you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale Yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flour as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

To

To make buttered loaves of Cheese-curd's

TAKE three quarts of new milk and put in as much Rennet as will turn, take your whay clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of Flower, a little salt mingled altogether; work it with your hand, roul it into little Loaves, then set them in a Pan buttered, then beat the yolk of an egge with a little beer, and wipe them over with a feather, then set them in the oven as for mancher, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a Nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick, when your loaves are baked, cut off the tops and butter them with this butter, some under, some over, and strow some sugar on them.

To make Cheese-leaves:

GRATE a wheat loaf, and take as much Curd as bread, to that put eight yolks of eggs, and four whites, and beat them very well, then take a little cream, but let
it

it be very thick, put altogether, and make them up with two handfuls of flour, the Curds must be made of new Milk and whayed very dry, you must make the like little Loaves and bake them in an Oven; and being baked cut them up, and have in readiness some sweet Butter, Sugar, Nutmeg sliced and mingled together, put it into the Loaves, & with it stir the cream wel together, then cover them again with the tops, and serve them with a little Sugar scraped on.

To make Puff.

TAKE four pints of new Milk, rennet, take out all the Whay very clean, and wring it in a dry cloth, then strain it in a wooden Dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rose-water, and as much flour beat in it as will make it of an indifferent stiffnessse, just to roll on a Plate, then take off the Kidney of Mutton suet and purifie it, and fry them in it, and serve them in with butter, Rose-water and Sugar.

To

To make Elder Vinegar.

Gather the flowers of elder, pick them very clean, and dry them in the sun on a gentle heat, and take to every quart of vinegar a good handful of flowers, and let it stand to sun a fortnight, then strain the vinegar from the flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a quart of water, and put it into the barrel lukewarm.

To make good Vinegar.

TAKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the sun may have power over them, and when it is ready to tun, fill your hogs-heads where they lie, then let them purge clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loaves hot out of the oven; and put into each Hogshead a loaf; you must use this four times, you must brew this in *April*, and
let

let it stand till *June*, then draw them clearer, then wash the Hogsheds clean, and put the beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of roses, if elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, & let it stand till it be stone cold, & the next day strain it into the Hogshed, then lay them in a Cellar or Buttery, which you please.

To make a Coller of Beef.

TAKE the thinnest end of a coast of beef, boil it and lay it in pump-water, and a little salt three days, shifting it once every day, & the last day put a pint of Claret wine to it, and when you take it out of the water, let it lie two or three hours a draining, then cut it almost to the end in three slices, then bruise a little Cochinele, and a very little allum, and mingle it with the claret wine, and colour the meat all over

ver with it, then take a dozen of Anchoves, wash them and bone them, and lay them into the beef, and season it with Cloves, Mace, and Pepper, and two handfuls of salt, & a little sweet marjoram, and Time, and when you make it up, roll the innermost slice first, and the other two upon it, being very well seasoned every where and bind it hard with tape, then put it into a stone pot, something bigger then the collar, and pour upon it a pint of Claret-wine, and half a pint of wine-vinegar, a sprig of Rosemary, and a few bay-leaves, and bake it very well; before it is quite cold, take it out of the Pot, and you may keep it dry as long as you please.

To make an Almond Pudding.

TAKE two or three French Rowls, or white penny bread, cut them in slices, & put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or spoon & beat it very well together, put to this twelve Eggs, but not above four whites, put in beef suet, or marrow, according to your discretion, put a pretty quantity of Currans and Raisins, season the Pudding with nutmeg, mace, salt, and sugar,

Sugar, but very little flower, for it will make it sad and heavy; make a piece of, puff paste as much as will cover your dish. so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick oven, not so hot as to burn it, let it bake till you think it be enough, scrape on sugar, and serve it up.

To boil cream with French Barley.

Take the third part of a pound of french Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillers on the fire with fair water, and in one of them put your Barley, and let it boil till the water look red, then put the water from it, & put the Barley into the other warm water, thus boil it & change it with fresh warm water til it boil white, then strain the water clean from it, then take a quart of Cream, put into it a nutmeg or two quartered, a little large mace and some sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little Rose-water, then dish it forth, and eat it cold.

To make Cheese-cakes.

TAKE three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them altogether; then take one quart of Cream, and put into it a quarter of a pound of sweet butter, and set them over the fire, and when it begins to boyle, put to it your Eggs and flower, stir it very well, and let it boyl till it be thick, then season it with Salt, Cinnamon, Sugar and Currans, and bake it.

To make a Quaking Pudding.

TAKE a pint and somewhat more of thick Cream, ten eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water: mingle with your Cream three spoonfuls of fine flower: mingle it so well, that there be no lumps in it, put it altogether, and season it according to your Taste: Butter a Cloth very well, and let it be thick that it may

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not run out, and let it boyle for half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a lay of Cucumbers, and so till they be all Layed, put in some Mace and whole pepper, and some Fennel-seed according to direction, then fill it up with Beer - Vinegar, and a clean board and a stone upon it to keep them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To Riskle Broom Buds.

TAke your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do onely by shaking it together till the Salt be melted, then put in your Buds, and keep it stirred once in a day till they be sunk with.

within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

TAKE some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyle them in water, and put to a Gallon of water, some three spoonfulls of Salt, as much Honey; boyle these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Aire get into them, and they will keep all the yeare.

To make a Gooseberry Fool.

TAKE your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot, beat them very well with a good piece of fresh butter, Rose-water and Sugar, and put in the yolks of two

or three Eggs ; you may put Rose-water into them and so stir it altogether, and serve it to the Table when it is cold.

To make an Oatmeale Pudding.

TAKE a Porringer full of Oatmeale beaten to flower, a pint of Cream, one Nutmeg, four eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beefe-suet well minced, mingle all these together, and so bake it. An houre will bake it.

To make a green Pudding.

TAKE a penny loafe of stale Bread, grate it, put to half a pound of sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of beef-suet shred very small: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Hearbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

To

To make good Sausages.

TAKE the lean of a Legge of Pork, and four pound of Beef-suet, or rather butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handful of Sage when it is chopt small, and as much salt as you think will make them tast well of it; mingle all these with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs gutts, which you must have ready for them; you must tye the ends of them like puddings, and when you eat them you must boyle them on a soft fire; a hot will crack the skins, and the goodnesse boyle out of them.

To make Toasts.

CUt two peny Loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmegs, and Sugar, beat them with

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the Cream, then take your frying Pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rose-water, butter and sugar.

Spanish Cream.

Put hot water in a Bucket and go with it to the Milking, then poure out the Water, and instantly milke into it, and presently strain it into milk-Pans of an ordinary fulnesse, but not after an ordinary way, for you must set your Pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the Dish, laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAke foure quarts of milk, one of Cream, six spoonfuls of Rose-water, put these together in a great earthen Milke-Pan, set it upon a fire of Char-coale

coale well kindled, you must be sure the fire be not too hot; then let it stand a day and a night; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beside the board, cut into many pieces, and them into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your dish, and if your Dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

A good Cream.

When you Churn Butter, take out six spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy; then boyle good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so Dish it.

To make Piramidis Cream.

TAKE a quart of water, and six ounces of harts horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a small Nut, put all this into the Bottle, which must be so big as will hold a pint more; for if it be full it will break; stop it very close with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Bason, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyle, then put it into an old fashion drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glasse in a warm hand, and loosen it with

a knife, and whelm it into a Dish, and have in readines Pine-apple blown, and stick it all over, and serve it in with cream or without as you please.

To make a Sack-Cream.

SEt a quart of Cream on the fire, when it is boiled, drop in a spoonful of sack and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

To boil Pigeons.

STuffe the Pigeons with Parsley, and butter, and put them into an Earthen Pot, and put some sweet butter to them and let them boil; take Parsley, Time and Rosemary, chop them and put them to them; take some sweet butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egge and strain it with Verjuice, and put to them, lay sippets in the Dish and serve it.

To make an Apple Tansy.

PAre your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples and fry it.

The French Barley-Cream.

TAKE a quart of Cream, and boil it in a Porringer of French-Barley, that hath been boiled in nine waters, put in some large Mace and a little Cinamon, boiling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boil; then take it off the fire, stirring it till it be half cold; then put to it two spoonfuls of Sack or White-wine, and when it is cold, serve it in, remembering to put in some salt.

To

To make a Chicken or Pigeon Pie.

TAKE your pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboil'd, and the skin puld off, and the tongue cut in slices, two or three slices of Veal, as much Mutton, young chickens (if not little) quarter them, Chick-heads, Lark, or any such like, Pullers, Coxcombs, Oysters, Calves-Udder cut in pieces, good store of Marrow for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Thyme and Limon Pill fine sliced; season it well with these Spices as the time of the year will afford; put in either of Chesnuts (if you put in Chesnuts they must first be either boil'd or roasted) Gooseberries or Guage, large Mace will do well in this Pie, then take a little piece of Veal parboil'd and slice it very fine, as much marrow as meet stirred amongst it, then take grated Bread, as much as a quarter of the meat, four yolks of Eggs
or

or more according to the stuff you make, shred Dates as small as may be, season it with salt but not too salt. Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pie as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton Broth before you put it into the Oven, the bottom of boiled Artichokes, minced Marrow over and in the bottom of the Pie after your Pie is baked; when you put it up, have some five yolks of Eggs minced, and the juice of two or three Oranges, the meat of one Limon cut in pieces, a little White and Claret Wine; put this in your Pie being well mingled, and shake it very well together.

To boil a Capon or Hen.

TAKE a young Capon or Hen, when you draw them, take out the fall of the Leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boil it
in

in small pieces and skim it well, then put your Capon into the pipkin, and when it is boiled, skinn't again; be sure you have no more water then will cover your meat, then put it into a pint of White-wine, some Mace, two or three Cloves & whole Pepper; a quarter of an hour before your meat be boiled enough, put into the pipkin three Anchoves (stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of herbs will do well to boil with the Broth, and being ready to Dish it, having sippets, cut them, rake the Oy-sters out of the Capon, and lay them in the Dish with the Broth, and put some juice of Limons and Orange into it according to your taste.

To make Balls of Veal.

TAKE the lean of a Leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef suet; if the Leg of Veal be of a Cow Calf, the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing knife, have some cloves, Mace,

Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, and having very good strong Broth made of mutton, set your Balls to boil in it; when they are boiled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Balls and Broth, give it a walm on the fire, then Dish up the Balls upon sippets and pour the sauce on it.

To make Mrs. Shellyes Cake.

TAKE a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, then take ten Eggs, leave out six whites, a pint and a half of Ale-yeast: beat the Eggs and yeast together, and put them to the flower; take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling; adde what spice you please; let this be put to the rest, with a quarter of a pint of sack, and a little saffron; and when you have made all this into paste, cover it
warm

warm before the fire, and let it rise for half an hour, then put in twelve pound of Currans well washed and dried, two pound of Raisins of the sun stoned and cut small, one pound of sugar; the sooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumbals.

TAKE a pound of almonds to half a pound of double refined Sugar beaten and searced, lay your almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very small, put in a handful of Gum-dragon, it being before over night steeped in Rose-water, and half a white of an Egge beaten to froth, and half a spoonful of Coriander-seed, as many Fennel and Anniseeds, mingle these together very well, set them upon a soft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper and beat it well with a rowling pin till it work like a soft paste, and so make them up, and lay them upon Papers oyld with Oyle of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

To

To make Cracknels.

TAKE half a pound of fine flower, dried and searced, as much fine sugar searced, mingled with a spoonful of Coriander-seed bruised, half a quarter of a pound of butter rubbed in the flower and sugar, then wet it with the yolks of two Eggs, and half a spoonful of white Rose-water, a spoonful or little more of Cream as will wet it; knead the paste till it be soft and limber to rowl well, then rowl it exream thin, and cut them round by little plates; lay them upon buttered papers, and when they go into the Oven, prick them, and wash the Top with the yolk of an Egge beaten, and made thin with Rose-water, or fair water; they will give with keeping, therefore before they are eaten, they must be dried in a warm Oven to make them crisp.

To pickle Oysters.

TAKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters
to

to it with a little Mace and whole pepper, as much salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boil leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the pickle be cold, then put them into any pot that will lie close, they will keep best in Caper barrels, they will keep very well six weeks.

To boil Cream with Codlings.

TAKE a quart of Cream and boil it with some Mace and Sugar, and take two yolkes of Eggs, and beat them well with a spoonful of Rose-water and a grain of Ambergreese, then put it into the Cream with a piece of sweet Butter as big as a Walnut, and stir it together over the fire untill it be ready to boil, then set it some time to cool, stirring it continually till it be cold; then take a quarter of a pound of Codlings strained, and put them into a silver Dish over a few coals till they be almost dry, and being cold, and the Cream also, pour the cream upon them, and let them stand

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on a soft fire covered an hour, then serve them in.

To make the Lady Albergaveres cheese.

TO one Cheese take a gallon of new Milk, and a pint of good Cream, and mix them well together, then take a skil-let of hot water as much as will make it hotter then it comes from the Cow, then put in a spoonful of Rennet, and stir it well together and cover it, and when it is come, take a wet cloth and lay it on your Cheese-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheese in wet Cloathes wrung dry; and lay on a little more wet, at night take as much salt as you can between your finger and thumb, and salt your cheese on both sides; let them lie in Presses all night in a wet cloth; the next day lay them on a Table between a dry cloth, the next day lay them in Grasse, and every other day change your grasse, they will be ready to eat in nine dayes: if you will have them ready sooner, cover them with a Blanker.

To dresse Snails.

TAKE your Snailles (they are no way so as in Pottage) and wash them well in many waters, and when you have done put them in a white Earthen Pan, or a very wide dish, and put as much water to them as will cover them, and then set your Dish or Pan on some coals, that it may heat by little and little, and then the Snails will come out of the shells and so die, and being dead, take them out, and wash them very well in Water and salt twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boil a little while in that, so take away the rude slime they have, then take them out again and put them in a Cullender; then take excellent sallit Oyl and beat it a great while upon the fire in a frying pan, and when it boils very fast, slice two or three Onions in it, and let them fry well, then put the snails in the Oyl, and Onions, and let them stew together a little, then put the Oyl, Onions, and Snails all together in an earthen Pipkin of a fit size for your Snails, and put as much warm water to them as will

will serve to boyle them, and make the Pottage and season them with salt, and so let them boyle three or four hours; then mingle Parsley, Pennyroyal, Fennel, Time, and such Herbs, and when they are minced put them in a Mortar, and beat them as you do for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snayles, and then dissolve it all in the Mortar, with a little saffron and Cloves well beaten, & put in as much Pottage into the mortar as will make the spice and bread and Hearbs like thickning for a Pot, so put them all into the snayles, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the herbs, and beat it with them in the mortar, it will not tast the worse; serve them up in a Dish with sippets of Bread in the bottom. The pottage is very nourishing, and they use them that are apt to a Consumption.

To boyle a Rump of Beef after the French fashion.

TAKE a rump of Beef, or the little end of the Brisket; and parboyle it half an houre,

houre, then take it up and put it in a deep Dish, then slash it in the side that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret wine, and put to it three or foure peices of large Mace, and set it on the coales close covered, and boyle it above an houre and a half, but turn it often in the mean time; then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handful of Capers or broom buds, half a dozen of hard Letice sliced, three spoonfuls of wine-vinegar and as much verjuyce, and then set it a boyling with these things in it till it be tender, and serve it up with brown Bread and Sippets fried with butter, but be sure there be not too much fat in it when you serve it.

An excellent way of dressing Fish.

TAKE a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to it six spoonfuls of Water and four of Vinegar, as much of white wine, a good deale of Salt, a bundle of sweet Herbs, a little

little whole spice, a few Cloves, a little stick of Cinamon, a little Mace, take up all these in a Pipkin close, and set in a Kettle of seething water, and there let it stew three hours, you may do Carps, Eeles, Trouts, &c. this way, alter the taste to your mind.

To make Fritters of Sheeps-feet.

TAKE your Sheeps-feet, slit them and set them a stewing in a silver Dish with a little strong Broth and salt, with a stick of Cinnamon, two or three Cloves, and a piece of an Orange Pill: when they are stewed, take them from the liquor and lay them upon a Pie-plate cooling: when they are cold, have some good Fritter-batter made with sack, and dip them therein: then have ready to fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fried wring in the juice of three or four Oranges, and toss them once or twice in a Dish, and so serve them to the Table.

To make dry Salmon Calvert in the boiling.

TAKE a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuyce of sour Beer, and a few sweet hearbs and salt, and let your liquor boil extreme fast, and hold your Salmon by the Tail, and dip it in, and let it have a walm, and so dip it in, and out a dozen times, and that will make your Salmon Calvert, and so boil it till it be tender.

To make Bisket Bread.

TAKE a pound of Sugar searced very fine, and a pound of flour well dried, and twelve Eggs, a handfull of Caroway-seed, six whites of Eggs, a very little salt, beat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates or Tin things, and take Butter and put into a cloth and rub your Plate; a spoonful into a plate is enough, and so set them in the Oven, and let your Oven be no hotter then to bake small Pies; if your flower be not dried in the Oven before, they will be heavy.

To make an Almond Pudding.

TAKE your Almonds when they are blanch^d, and beat them as many as will serve for your Dish, then put to it four or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little Sugar, and a little salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter then for Bisket bread: and when it is half baked, take the white of an Egge, Rose-water and fine sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds and so send it up.

This you may boil in a bag if you please, and put in a few crums of Bread into it, and eat it with Butter and Sugar without Marrow.

To make an Almond Candie.

TAKE three pints of Ale, boil it with Cloves and Mace, and sliced bread in it, then have ready beaten a pound of Almonds blanch^d, and strain them out with

a pint of White - wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boils.

To make Almond-bread.

TAKE almonds and lay them in water all night, then blanch them & slice them, to every pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the almonds and sugar, then have some plates and strew some flour on them, and lay wafers on them, and lay your almonds with the edges upwards, lay them as round as you can, scrape a little sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and turn them from the Plates, and set them in again, you must keep them in a Stove.

To make Almond Cakes.

TAKE half a pound of Almonds blanched in cold water, beat them with
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some Rose-water till they do not glister, then they will be beaten ; if you think fit, lay seven or eight Musque Comfits dissolved in Rose-water, which must not be above six or seven spoonfuls for fear of spoiling the colour ; when they be thus beaten, put in half a pound of sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two spoonfuls of fine flour that hath been dried in an Oven ; beat these well together and pour it to your Almonds, then butter your plates and dust your Cakes with sugar and flour, and when they are a little brown, draw them, and when the oven is colder set them in again on brown papers, and they will loo' whiter.

Master Rudstones Posset.

TAKE a pint of sack, a quarter of a pint of ale, three quarters of a pound of Sugar, boil all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boiling sack and slice it very well together till it be thick on the coals ; then take three pints of Milk or Cream being boiled to a
quart.

quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a plate and so serve it.

To boil a Capon with Ranieles.

TAKE a good young Capon, trusse it and draw it to boil, and parboile it a little, then let it lie in fair Water being pickt very clean and white, then boil it in strong Broth while it be enough; but first prepare your Ranieles as followeth; Take a good quantity of Beet leaves, and boil them in Water very tender, then take them out, and get all the water very clean out of them, then take six sweet-breads of Veal, and boil and mince them white, mince them small, and then boil Hearbs also, and four or five Marrow bones, break them and get all the Marrow out of them, and boil the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them small, and half a pound of Dates the skin off and mince them also, and a quarter of a pound of Pomecitron minced small, then take of

Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of paste, and season it with a little Nutmeg, Ginger, Cinamon, and Salt, and Permasan-cheese grated with hard Sugar grated also, then mingle all together well, and make a paste with the finest flour, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boiling) and make up your paste, then drive out a long sheet of paste with an even Rowling Pin as thin as possible you can, and lay your ingredients in small heaps, round or long which you please in the paste, then cover them with the paste and cut them with a jag asunder, and so make more and more till you have made 2. hundred or more, then have a good broad Pan or Kettle half full of strong Broth, boiling leisurely, and put in your Ransoles one by one, and let them boil a quarter of an hour, then take up your Capon, lay it in a great Dish, and put on the Ransoles, and strew on them grated cheese, Naples-bisket grated, cinamon and sugar, then more and more cinamon

mon and Cheese, while you have filled your dish; then put softly on melted Butter with a little strong broth, your marrow Pomecitron, Limons sliced and serve it up, and so put it into the dish, so Ransoles may be part fryed with sweet but Clarified butter, either a quarter of them or half as you please; if the butter be not Clarified, it will spoil your Ransoles.

To make a Bisque of Carps.

TAKE twelve small Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve small Carps, cut off their heads and take out their Tongues, and take the fish from the bones of the flea'd Carps, and twelve Oysters, two or three yolks of hard Eggs, mash altogether, season it with Cloves, Mace, and salt, and make thereof a stiff searce; adde thereto the yolks of four or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep dish or Earthen pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of fresh butter, the Liquor of

your Oysters, the juice of a Limon or two ; a little White-wine, some of Corbillion wherein your great Carpe is boiled, and a whole Onion, so set them a stewing on a soft fire and make a hoop therewith ; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep pan with so much White-wine Vinegar as will cover and serve to boil him and the other Heads in ; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Hearbs, an Onion or two sliced, a Limon ; when you boil your Carps, pour your Liquor with the Spice into the Kettle wherein you will boil him ; when it is boiled put in your Carp, let it not boil too fast for breaking ; after the Carp hath boiled a while, put in the Head when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you go to dish them. When you dresse your Bisque, take a large Silver dish, set it on the fire, lay therein sippets of bread, then put in a Ladleful of your Corbillion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve heads about the Carp, then lay the
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the scarce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liquor wherein the scarce was boiled, wring in the juice of a Limon and two Oranges; Garnish your Dish with pickled Barberries, Limons and Oranges, and serve it very hot to the Table.

To boil a Pike and Eele together.

TAKE a quart of White-wine and a pint and a half of White-wine Vinegar, two quarts of Water, and almost a pint of Salt, a handful of Rosemary and Tine; the Liquor must boil before you put in your Fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corns of Pepper.

To make an Outlandish Dish.

TAKE the Liver of a Hog, and cut it in small pieces about the bignesse of a span, then take Anniseed, or French-seed, Pepper and salt, and season them therewithall, and lay every piece severally round in the caul of the Hog, and so roast them on a Bird-spir.

To make a Portugal Dish.

TAKE the Guts, Gizards and Livers of two fat Capons, cut away the Gallies from the Liver, and make clean the Gizards and put them into a dish of clean water, slit the Gut as you do a Calves chaldron, but take off none of the fat, then lay the guts about an hour in White-wine, as the Guts soke, half boil Gizards and Livers, then take a long wooden broach, and spit your Gizards and Livers thereon, but not close one to another, then take and wipe the Guts somewhat dry in a cloth, and season them with Salt and beaten Pepper, Cloves and Mace, then wind the guts upon the wooden broach about the Liver, and Gizards, then tie the wooden broach to spin, and lay them to the fire to roast, and roast them very brown, and bast them not at all till they be ienough, then take the gravy of mutton, the juice of two or three Oranges, and a grain of Saffron, mix all well together, & with a spoon bast your roast, let it drop into the same Dish. Then draw it, and serve it to the Table with the same sauce.

To dress a dish of Hartichoaks.

TAKE and boil them in a Beef-pot, when they are tender sodden, take off the tops leaving the bottoms with some round about them, then put them into a dish, put some fair water to them, two or three Spoonfuls of Sack, a Spoonful of Sugar, and so let them boil upon the Coales, still pouring on the Liquor to give it a good taste, when they have boiled half an hour take the Liquor from them, and make ready some Cream boiled and thickned with the yolk of an Egge or two, whole Mace, Salt and Sugar, with some lumps of morrow, boil it in the Cream, when it is boiled put a good piece of sweet butter into it, and toast some toasts, and lay them under your Hartichoaks, and pour your Cream and butter on them, garnish it, &c.

To dress a Fillet of Veal the Italian way.

TAKE a young tender Fillet of Véale, pick away all the skins in the fold of the flesh, after you have pickt it out clean so that no skins are left, nor any hard

thing; put to it some good White-wine (that is not too sweet) in a bould, and wash it, and crush it well in the Wine; do so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much salt as will season it well, mingle the Powder well upon the paste of your meat, then pour to it so much White-wine as will cover it when it is thrust down into a narrow pan; lay a Trencher on it and a weight to keep it down, let it lie two nights and one day, put a little Pepper to it when you lay it in the sauce, and after it is sowced so long, take it out and put it into a Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but onely Beef-broth that is sweet and not salt; cover it close and set it on the Embers, onely put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an excellent Taste; it must be served with the same broth as much will cover it.

To make the Italian, take Coriander-seed two ounces, Anniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinamon one ounce; These must be beaten into a gross powder, putting into it

a little powder of Winter-savory ; if you like it, keep this in a Vial-glass close stopt for your use.

To dresse Soales.

TAKE a pair of Soales, lard them through with watered fresh Salmon, then lay your Soales on a Table, a Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the lard but short, then flower the soals, and fry them in the best Ale you can get ; when they are fried lay them on a warm Pie-plate, and so serve them to the Table with a sallert dish full of Anchovy sauce, and three or four Oranges.

To make Furmity.

TAKE a quart of Cream, a quarter of a pound of French-barley the whitest you can get, and boil it very tender in three or four severall waters, and let it be cold, then put both together, put in it a blade of mace, a nutmeg cut in quarters, a race of ginger cut in three or 5 pieces, and so let it boil a good while, still stirring, and season it with sugar to your taste, then
take

take the yolks of four Eggs and beat them with a little cream, and stir them into it, and so let it boil a little after the Eggs are in, then have ready blanch'd and beaten twenty Almonds kept from oyling, with a little Rose-water, then take a boulder-strainer, and rub your Almonds with a little of your Fumity through the strainer, but set it on the fire no more, and stir a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a dish, and serve it.

To make Patis, or Cabbage Cream.

TAKE thirty Ale pints of new milk, and set it on the fire in a Kettle till it be scalding hot, stirring it oft to keep it from creaming, then put it forth, into thirty pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with two such slices as you beat Bisket bread with, but they must be very thin and not too broad, then when the Milk is dropped off the Cream, you must lay it upon a Pie-plate, you must scour the Kettle very clean and heat the milk again, and so four or five times. In the lay of it first lay a
stalk

stalk in the midst of the plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape sugar and sprinkle Rose-water, and if you will, the powder of Musk, and Ambergreece, in the heating of the milk be careful of smok.

To make Pap.

TAKE three quarts of new milk, set it on the fire in a dry silver dish, or Bason; when it begins to boil skim it, then put thereto a handful of flour and yolks of three Eggs, which you must have well mingled together with a Ladleful of cold milk, before you put it to the milk that boils, and as it boils, stir it all the while till it be enough, and in the boiling, season it with a little salt, and a little fine beaten sugar, and so keeping it stirred till it be boiled as thick as you desire, then put it forth into another dish and serve it up.

To make Spanish Pap.

TAKE three spoonfuls of Rice-flour, finely beaten and searced; two yolks of eggs, three spoonfuls of sugar, three or
four

four spoonfuls of Rose-water. Temper these four together, then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thicknesse, then Dish it and serve it up.

To poach Eggs.

TAKE a dozen of new laid Eggs and flesh of four or five Partridges, or other; mince it so small as you can season it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Dish, with a Ladleful or two of the gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Charcoals, and after it is half stewed, as it boils, break in your Eggs one by one, and as you break them, pour away most part of the Whites, and with one end of your Egg-shell, make a place in your dish of meat, and therein put your yolks of your Eggs, round in order amongst your meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juice of a couple of Oranges; have a care none of the Seeds go in, wipe your Dish and garnish your

your dish with four or five whole Onions, &c.

A Potage of Beef Pallats.

TAKE Beef pallates after they be boiled tender in the Beef Kettle or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two dishes with a piece of leer Bacon, an handful of champignons, five or six sweet breads of Veal, a Ladleful or two of strong broth, and as much gravy of Mutton, an Onion or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pills; as your Pallats stew, make ready your dish with the bottoms of tops of two or three Cheate Loaves dryed and moistened with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two dishes, in great pieces; when your pallats and Marrow is stewed, and you ready to dish it, take out all the Spices, Onion and Bacon, and lay it in your Plates, sweet-bread, and Champigneons, pour in the broth they were stewed in and

lay

lay on your pieces of marrow, wring the juice of two or three Oranges ; and so serve it to the Table very hot.

The Jacobins Pottage.

TAKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasants or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace, and Salt ; then take the bottoms and tops of four or five new Rowles, dry them before the fire, or in an Oven, then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladleful of strong broth, and a Ladleful of gravy of mutton, then strow on your minced meat all of an equal thicknesse in each place, then stick twelve or eighteen pieces of marrow as big as Walnuts, and and pour on a Ladleful of pure Gravy of mutton, then cover your Dish close, and as it stews adde now and then some gravy of mutton thereto, thrust your Knife sometimes to the bottom, to keep the bread from sticking to the dish, let it so stew still, till you are ready to dish it away, & when
you

you serve it, if need require, and more gravy of mutton, wring the juice of two or three oranges, wipe your dishes brims, and serve it to the Table in the same dish.

To Salt a Goose.

TAKE a fat goose and bone him, but leave the breast bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boil him in running water very tender, and serve him with Bay-leaves.

A way of stewing Chickens or Rabbits.

TAKE two three or four Chickens, and let them be about the bigness of a Partridge, boil them till they be half boil'd enough, then take them out and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones (upon which there must also be some meat remaining) into a good quantity of
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that water or broth wherein the Chickens were boyled, and set it then over a Chafing-Dish of coales between two Dishes that so it may stew on till it is fully enough; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or lesse according to the goodnesse thereof; and a little before you take it from the fire, you must adde such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of meat which must be served up in the Liquor; and though for a need it may be made with butter instead of Oyl, and with Vinegar instead of juyce of Lemons, yet is the other incomparably better for such as are not Enemies to Oyle. The same Dish may be made also of Veale, or Partridge, or Rabbits, and indeed the best of them all is Rabbits, if they be used so before Michaelmas, for afterwards methinks they grow rank; for though they be fatter, yet the flesh is more hard and dry.

A Pottage of Capons.

TAke a couple of young Capons, Truss and let them and fill their bellies

lies with Marrow, put them into a Pipkin with a Knuckle of Veale, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veale ; season your Broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much ; as your Capons boyle, make ready the Bottomes and Tops of eight or ten new rowles, and put them dryed into a faire Silver Dish wherein you serve the Capons ; set it on the fire, and put to your bread, two Ladlesfuls of broth wherein your Capons are boyled and a Ladlesful of the Gravy of Mutton ; so cover your dish, and let it stand till you Dish up your Capons if need require, adde now and then a Ladlesful of broth and Gravy, lest the bread grow dry ; when you are ready to serve it, first lay in the Marrow bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that swimmeth on the portage, then garnish your Capon with the sweet-breads and some Lemons, and so serve it.

To dresse Soales another way.

TAKE Soales, fry them half enough, then take Wine season'd with Salt, grated ginger, and a little garlick, let the Wine, and seasoning boyle in a Dish, when that boyles and your Soales are half fri'd, take the Soales and put them into the Wine, when they are sufficiently stewed, upon their backs, lay the two halfs open on the one side and on the other, then lay Anchoves finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the Dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

A Carp Pye.

TAKE Carps, scald them, take out the bones, pound the Carps in a stone Morter, pound some of the bloud with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eale, season it, and bake it like red Deere and eate it cold.

This is meat for a Pope.

To

To boyle Ducks after the French fashion.

TAKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very small, some Mace and a little beaten Ginger, a little Tyme stript, a crust of a French Rowle grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much wine put in, and if there be no Oysters or Chestnuts you may put in Hartichoak bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet-breads, &c.

To boyle a Goose with Sausages.

TAKE your Goose and salt it two or three dayes, then trusse it to boyl, cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or water, season your Liquor with a little Salt, and Pepper grossly beaten

beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed altogether; you must have prepared your Cabbage or sausages boyl'd very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong broth or Claret Wine, an Onyon or two; season it with Pepper, Salt and Mace to your tast; six Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladle of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some on the cabbage on top of your Goose, serve it up.

To fry Chickens.

TAKE five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, six Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chicken being Dished, and so serve them.

To make a Battalia Pie.

TAKE four tame Pigeons and Trusse them to brke ; and take four Oxe-Palates well boiled and blanched, and cut it in little pieces ; take six Lamb stones, and as many good sweet-breads of Veale cut in halfs and parboil'd and twenty Coxcombs boil'd and blanched, and the bottoms of four Hartichoaks, and a pint of Oysters parboiled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt : so put your meat into a Coffin of fine paste proportionable to your quantity of meat : put half a pound of Butter upon your meat, put a little water in the Pie, before it be set in the Oven, let it stand in the Oven an hour and a half, then take it out, pour out the butter at the top of the Pie, and put it into leer of Gravy, butter, and Limons, and serve it up.

To make a Chicken Pie.

TAKE four or five chickens, cut them in pieces, take two or three Sweet-breads parboil'd and cut the pieces as big as
Wal-

walnuts ; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Hartichokes boiled, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and Salt, then some Butter on the top of the Pie, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of butter, gravy of Mutton, eight Lemons sliced, so serve it.

To make a Pie of a Calfs head.

TAKE a Calfs head, clean it and wash it very well ; put it a boiling till it be three quarters boiled, then cut off the flesh from the bones, and cut it in pieces as big as walnuts. Blanch the tongue and cut it in slices, take a quart of Oysters parboiled and bearded, take the yolks of twelve Eggs, put some thin slices of bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onion small, and put it in the bottom of your Pie, season it with Pepper, Nutmeg, Mace, and salt, make your Coffin to your meat what fashion you please. Let it bake an hour and an half, put butter on the bottom and on the top of your Pie before

you

you close it, put a little water in before you put it into the Oven, when you draw it out take of the lid, and put away all the fat on the top and put in a leer of thick butter, Gravy of mutton, a Limon pared and sliced, with two or three Anves dissolved. So stew these together, and cut your lid in handsome pieces, and lay it round the Pie, so serve it.

To make Cream with Snow.

TAKE three pints of Cream, and the whites of seven or eight Egges, and strain them together, and a little Rose-water, and as much Sugar as will sweeten it, then take a stick as big as a childs Arm, cleave one end of it a crosse, and widen your pieces with your finger, beat your Cream with this stick, or else with a bundle of Reeds tied together, and roll between your hand standing upright in your Cream, now as the snow ariseth take it up with a spoon in a Cullender that the thin may run out, and when you have sufficient of this Snow, take the cream that is left, & seeth it in the skeller, and put thereto whole Cloves, sticks of Cinamon, a little Ginger bruised, and

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seeth

leeth it till it be thick, then strain it, and when it is cold put it into your dish, and lay your snow upon it.

To make minced Pies.

TAKE a large Neats-tongue, shred it very well, three pound and a half of Suet very well shred, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, half a preserved Orange, or instead of it Orange Pills, a quarter of a pound of Sugar, a little Limon Pill sliced very thin, put all these together very well, put to it two spoonfuls of Verjuice, and a quarter of a pint of sack, &c.

To dry Neats Tongues.

TAKE Bay salt beaten very fine, and salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it wasts put on more, and when they are very hard and stiff they are enough, then roll them in Bran, and dry them before a soft fire, and before you boil them let them lie one night in Pump-water, and boil them in the same sort of water.

To

To make Jelly of Harts-horn.

TAKE six ounces of Harts-horn, three ounces of Ivory, both finely carped, boil it in two quarts of water in a Pipkin close covered, and when it is three parts wasted, you may try it with a spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag; season it with Rose-water, juice of Limons and double refined sugar, each according to your taste, then boil altogether two or three walms, so put it in the glasse and keep it for your use.

To make Chickens fat in four or five dayes.

TAKE a pint of French-wheat, and a pint of wheat flour, half a pound of sugar, make it up into a stiff paste, and roll it into little rolls, wet them in warm milk, and so cram them, and they will be fat in four or five dayes, if you please you may sow them up behind one or two of the last dayes.

To make Angelot.

TAKE a gallon of Stroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet; when you fill turn up the midst side of the Cheefe-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the fat, salt them on both sides, and when the Coats begin to come on them, neither wipe nor scrape them, for the thicker the coat is the better.

A Persian Dish.

TAKE the fleshy part of a Leg of Mutton stript from the fat and sinews, beat that well in a Mortar with Pepper and Salt, and a little Onion or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two dishes before you use them, then fry them with butter in a Frying-pan, and serve them with the same butter, and you will find it a dish of savory meat.

To

To roast a Shoulder of Mutton in b'oud.

WHen your sheep is killed, save the blood, and spread the Caule all open upon a Table that is wet, that it may not stick to it ; as soon as you have flead your sheep, cut off a Shoulder , and having Time picked, shred and cut small into some of your blood, stop your Shoulder with it, in-side and out-side , and into every hole with a Spoon put some of the Blood ; after you have put in the Time, then lay your Shoulder of Mutton upon the caul and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it ; so let it lie all night, if it be in Winter, you may let it lie twenty four hours, then roast it.

To roast a Leg of Mutton to be eaten cold.

First take so much lard as you think sufficient to Lard your Leg of Mutton withall, cut your Lard in grosse long Larders ; season the Lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and bay-salt beaten fine and dried,

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then

then take Parsley, Time, Marjoram, Onion, and the out-rine of an Orange shred all these very small, and mixe them with the Lard, then Lard your Leg of Mutton therewith ; if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a silver dish, lay two sticks cross the dish to keep the Mutton from sopping in the Gravy and fat that goes from it, lay the Leg of Mutton upon the sticks, and set it into an hot Oven, there let it roste, turn it once, but baste it not at all, when it is enough and very tender, take it forth, but serve it not till it be thoroughly cold ; when you serve it, put in a saucer or two of Mustard and sugar, and two or three Limons whole in the same dish.

To Roast Oysters.

TAKE the greatest Oysters you can get, and as you open them, put them into a dish with their own liquor, then take them out of the dish, and put them into another, and pour the Liquor to them, but be sure no gravel get amongst them ; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten
Lards

Lards through each Oyster; season your Lard first with Cloves, Nutmeg beaten very small, Pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a roll grated on them, and when they be brown, draw them off, then take the sauce wherewith you basted your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juice of a Limon, to serve it.

To make a Sack-Poffet.

TAKE a quart of Cream and boil it very well with sugar, mace and nutmeg, take half a pint of sack, and as much Ale, and boil them well together with some sugar, then put your cream into your Bason to your Sack, then heat a Pewter dish very hot, and cover your Bason with it, and set it by the fires side, and let it stand there two or three hours before you eat it.

Another Sack-posset.

TAKE eight eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them all together, and put them into your Bason, and set them in the Oven no hotter then for a Custard, let it stand two hours.

To make a Sack-posset without Milk or Cream.

TAKE eighteen Eggs, whites and all, taking out the Treeds, let them be beaten very well, take a pint of Sack and a quart of Ale boyled, then scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boil a little together, then take it off the fire stirring the eggs still, put into them two or three Ladlesfuls of drink, then mingle altogether and set it on the fire, and keep it stirring till you find it thick, then serve it up.

To

To make a Stump-pie.

TAKE a Leg of Mutton, one pound and an half of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of Salt, and a little Cloves and Mace, then take a good handful of Parsley, half as much Tyme, and mince them very small, and mingle them with the rest; then take six new-laid Eggs and break them into the meat, and work it well together, and put it into the Paste; then upon the top put Raisins, Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-wine-vinegar, and strew Sugar upon it, and so serve it.

To make Mrs. Leeds Cheese-cakes.

TAKE six quarts of milk and renn it prety cold, and when it is tender come, drein it from your Whey in a strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry clothes till it wet the cloth no longer, then beat it in a stone-mortar till it be like Butter, then strain it through a thin strainer, mingle it with a pound and

a half of Butter with your hands, take one pound of Almonds, and heat them with Rose-water till they are like your Curd, then mingle them with the yolks of twenty eggs, and a quart of Cream, two great Nutmegs, one pound and a half of Sugar: when your Coffins are ready and going to set in the Oven, then mingle them together: let your Oven be made hot enough for a Pigeon-pie, and let a stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be made with milk and butter as stiff as for other Paste, then you must set them into a pretty hot Oven, and fill them full of bran, and when they are hardened take them out, and with a wing brush out the bran: they must be pricked.

To make Tarts called Taffaty-tarts.

First wet your Paste with butter and cold water, and roll it very thin, also then lay them in layes, and between every lay of Apples strew some Sugar, and some Lemon-pill cut very small, if you please put some Fennel-seed to them: then put them into a stoak-hot Oven, and let them stand an hour or more, then
take

take them out, and take Rose-water and Butter beaten together, and wash them over with the same, and strew fine Sugar upon them, then put them into the Oven again, let them stand a little while and take them out.

To make fresh Cheese.

TAKE three pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boil a while, then put in some Damask-rose-water, keep it still stirring lest it burn to; and when you see it thickened and turned, take it from the fire, and wash the strainer and cheese-fat with Rose-water, then roll it to and fro in the strainer to drain the Whey from the Curd, then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheese dish with some of the whey, and so serve it up.

To make Sugar-cakes or Fumbals.

TAKE two pound of flour, dry it and season it very fine, then take a pound of Loaf-sugar and beat it very fine, and
searce

searce it, mingle your flour and sugar very well, then take a pound and an half of sweet Butter, and wash out the salt, and break it into bits with your flour and sugar, then take yolks of four new laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream; beat all these together, then put them into you flour, and knead them to a Past, and make them into what fashion you please, and lay them upon paper or plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

For Fumbals you must onely add the whites of two or three Eggs.

To bask a Shoulder of Mutton.

TAKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the Bone, then put to the meat some Claret - wine, a great Onion, some Gravy of Mutton, six Anchoves, an handful of Capers, the tops of a little Time, mince them very well together, then take nine or tenne Egges, the juice of one or two Limons to make it tart, and make leer of them, then

then put the meat all in a Frying-pan over the fire till it be very hot; then put in the leere of Eggs and soak altogether over the fire till it be very thick; then boil your Bone, and put it on the top of your meat being Dished, Garnish your Dish with Limons, serve it up.

*To dresse Flounders or Place with
Garlick and Mustard.*

TAKE Flounders very new, and cut all the Fins and Tails, then take out the Guts and wipe them very clean, they must not be at all washt, then with your Knife scotch them on both sides very grossly; then take the Tops of Time and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Time and them together, and season the Flounders; then lay them on the Grid-iron and baste them with Oyle or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, baste it on both sides till you have broil'd them brown, when they are enough make your sauce with Mustard two or three Spoonfull according

ding to discretion, six Anchoves dissolved very well, about half a pound of butter drawn up with garlick, Vinegar, or bruised garlick in other Vinegar, rub the bottom of your dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAKE fat Beef or Mutton cut in thin slices, wash it well, put it into a Pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onions; let all this boil very well, then take out the Onion and dish it in sippers, the thicker it is the better.

To dresse a Pike.

CUT him in pieces, and strew upon him salt and scalding Vinegar, boil him in water and White-wine, when he is boiling put in sweet Herbs, Onion, Garlick, Ginger, Nutmeg, and salt; when he is boiled take him out of the Liquor, and let him drain, in the mean time beat
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Butter and Anchoves together, and pour it on the fish, squeezing a little Orange and Limon upon it.

To dresse Oysters.

TAKE Oysters and open them, and save the Liquor, and when you have opened so many as you please, adde to this Liquor some White-wine, wherein you must wash your Oysters one by one very clean, and lay them in another dish; then strain to them that mixed wine and Liquor wherein they were washed, adding a little more wine to them with an Onion divided with some Salt and Pepper, so done, cover the dish and stew them till they be more than half done; then take them and the Liquor, and pour it into a Frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the mean time, you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley, and Nutmeg finely scraped, and put therein the Oysters in the

the pan, which must still be kept stirring lest the Liquor make the Eggs curdle, let this all have a good walm on the fire, and serve it up.

To dresse Flounders.

Flea off the black skin, and scoure the Fish over on that side with a Knife, lay them in a dish, and pour on them some Vinegar, and strew good store of Salt, let them lie for half an hour; in the mean time set on the fire some water with a little White wine, Garlick and sweet herbs as you please, putting into it the Vinegar and Salt wherein they lay, when it boils put in the biggest fish, then the next till all be in; when they are boiled take them out, and drain them very well, then draw some sweet Butter thick, and mixe with it some Anchoves shred small, which being dissolved in the Butter, pour it on the fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

To

To dresse Snayles.

TAKE Snayles and put them in a Kettle of water, and let them boyl a little, then take them out, and shake them out of the shels into a Bason; then take some Salt and scoure them very well, and wash them in warm water, untill you find the slime clean gone from them; then put them into a Cullender and let them drain well, then mince some sweet hearbs, and put them into a Dish with a little Pepper and Sallet-Oyle together, then let them stand an hour or two; then wash the shels very well and dry them, and put into every shell a Snail, and fill up the shell with Sallet-Oyle and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them.

To dresse Pickle Fish.

WASH them well while they are in the shell in salt water, put them into a Kettle over the fire without water; and stirre them till they are open, then take them out of their shels, and wash

wash them in hot water and salt, then take some of their own Liquor that they have made in the Kettle, a little White-wine, Butter, and Vinegar, Spice, Parsley; let all these boil together, and when it is boiled, take the yolks of three or four eggs and put into the broth. Scollops may be dressed on this manner, or broiled like Oysters with Oyl or juice of Limon.

To fricate Beef Pallats.

TAKE Beef Pallats, after they be boiled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, Salt, and some grated bread; then have some butter in a Frying-pan, put your Pallats therein, and so fricate them till they be brown on both sides, then take them forth and put them on a dish, and put thereto some Gravy of Mutton, wherein two or three Anchovies are dissolved, grate in your sauce a little Nutmeg, wring in the juice of a Limon, so serve them.

A Spanish Olio.

TAke a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beef, a couple of Hogs Eares, and four feet if they can be had, and if not, some quantity of Sheeps feet (Calves feet are not proper) a Joynt of Mutton, the Legge, Rack or Loin, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be first dried, and then crumbled in powder, & dissolved apart in two or three Spoonfuls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an hour before the Olio be taken off from the fire; a Pottle of hard dry Pease, when they have first slept in water some dayes, a pint of boil'd Chelnuts: Particular care must be had, that the Pot wherein the Olio is made, be very sweet: Ear-

Earthen I think is the best, and judgement is to be had carefully both in the size of the Pot, and in the quantity of the water at the first, that so the Broth may grow afterwards to be neither too much, nor too little, nor too grosse, nor too thin; thy meat must be long in boyling, but the fire not too fierce, the Bacon, the Beefe, the Pease, the Chesnuts, the Hogs Ears, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of meats and Roots, and especially against putting of Oyle, for it corrupts the Broth, instead of adding goodness to it. To do well, the Broth is rather to be drunk out of a Porringer, than to be eaten with a spoon, though you adde some small slices of bread to it, you will like it the worse. The Sauce for thy meat must be as much fine Sugar beaten small to powder, with a little Mustard as can be made to drink the sugar up, and you will find it to be excellent; but if you make it not faithfully and justly according to this prescript, but shall neither put Mace, or Rosemary, or Tyme, to the herbs, as the manner is of some, it will prove very much the worse.

To make Metheglin.

TAKE all sorts of Herbes that are good and wholesome, as Balme, Mint, Fennell, Rosemary, Angelica, wilde Tyme, Hisop, Burnet, Egrimony, and such other, as you think fit ; some field Herbs, but you must not put in too many, but especially Rosemary or any strong Herbe, lesse than half an handful will serve of every sort, you must boyl your herbes and strain them, and let the Liquor stand till to morrow and settle them, take off the clearest Liquor two gallons and a halfe to one gallon of Honey, and that proportion as much as you will make and let it boyle an houre, and in the boyling skim it very clean, then set it a cooling as you do Beer, when it is cold take some very good Ale Barme, and put into the bottom of the Tub a little and a little, as they doe beere, keeping back the thicke settling that lieth in the bottome of the Vessel that it is cooled in, and when it is all put together, cover it with a cloth, and let it work very neere three dayes, and when you mean to put it up, skim off all the Barme cleane, put it

it up into the vessel, but you must not stop your vessel very close in three or four dayes, but let it have all the vent, for it will work, and when it is close stopped you must look very often to it, and have a peg in the top to give it vent; when you hear it make a noise, as it will do, or else it will break the vessel, sometimes I make a bag and put in good store of Ginger sliced, some Cloves and Cinnamon, and boil it in; and other times I put it into the barrel and never boil it, it is both good, but Nutmeg and Mace do not well to my taste.

To make a Sallet of Smelts.

TAKE half an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of White-wine, and a pint of White-wine-vinegar, an Onion shred, a couple of Lemons, a Race of Ginger, three or four blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four dayes, let not your Pickle be too strong of the Vinegar; when you will serve them
take

take them out one by one, scrape and open them as you do Anchovies, but throw away the bones, lay them close one by one round a silver dish, you must have the very outmost rind of a Lemon or Orange, so small as grated bread, and the Parsley, then mix your Lemon-pill, Orange and Parsley together, with a little fine-beaten Pepper, and strew this upon the dish of Smelts with the meat of a Lemon minced very small, also then pour on excellent Sallet-oyle, and wring in the juice of two Lemons, but be sure none of the Lemon-seed be left in the Sallet, so serve it.

To roast a Fillet of Veal.

TAKE a Fillet of Beef, which is the tenderest part of the beast, and lieth onely in the inward part of the Sirloyn next to the Chine, cut it as big as you can, then broach it on a broach not too big, and be careful you broach it not thorow the best of the meat, roast it leisurely and baste it with sweet butter: set a dish under it to save the Gravy while the Beef is roasting, prepare the sauce for it, chop good store of Parsley with a few sweet herbs shred

shred small, and the yolks of three or four Eggs, and mince among them the Pill of an Orange and a little Onion, then boil this mixture, putting into it sweet Butter, Vinegar and Gravy, a spoonful of strong Broth, when it is well boiled put it into your Beef and serve it very warm, sometimes a little gross Pepper or Ginger into your sauce, or a pill of an Orange or Lemon.

*To make a Sallet of a cold
Hen or a Capon.*

TAKE the brest of a Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little Sugar as you think fit; then take six Anchovies, and an handful of Capers, a little long, gross or a Charrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little Salt.

To stew Mushromes.

TAKE them fresh gathered and cut off the hard end of the stalk, and as you pill them throw them into a dish of White.

White-wine, after they have lain half an hour or thereupon, draine them from the Wine, and put them between two silver Dishes, then set them on a soft fire without any liquor, and when they have stewed a while, poure away the liquor, that comes from them which will be very black, then put your Mushromes into another clean Dish with a sprig or two of Tyme, an Onyon whole, four or five cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet butter, and some pure Gravie of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender, when you dish them blow off all the fat from them, and take out the Tyme, Spice and Orange, then wring in the juyce of a Lemon, and grate a little Nutmeg, among the Mushromes, tesse them two or three times, put them in a cleane Dish, and serve them hot to the Table.

*The Lord Conway, his Lordships Receipt
for the making of Amber Puddings.*

First take the guts of a young Hog, and wash them very clean, and then take

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two

two pound of the best Hogs fat, and a pound and an half of the best Jurden Almonds, the which being blancht, take one half of them and beat them very small, and the other half reserve whole unbeaten, then take a pound and an half of fine sugar, and four white Loaves, and grate the Loaves over the former composition, and mingle them well together in a Bason, having so done, put to it half an ounce of Ambergreece, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant musk, and bruise it in a marble mortar, with a quarter of a pint of Orange-flour water, then mingle these all very well together, and having so done, fill the said guts therewith. This Receipt was given his Lordship by an Italian for a great rarity, and has been found so to be by those Ladies of honour, to whom his Lordship has imparted the said Reception.

To make a Partridge Tart.

TAKE the flesh of four or five Partridges minced very small, with the same weight of Beef-marrow as you have Partridge flesh, with two ounces of Oran-
gadoes

gadoes and green Citron minced together as small as your meat, season it with Cloves, and Mace, and Nutmeg, and a little Salt and Sugar, mixe all together, and bake it in Puff-paste; when it is baked open it, and put in half a Grain of Musk or Amber brayed in a mortar or Dish, and with a spoonful of Rose-water, and the juice of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keep Venison all the year.

TAKE the Haunch, and parboil it a while, then season it with two Nutmegs, a spoonful of Pepper, and a good quantity of salt, mingle them all together, then put two spoonfuls of White-wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded put in the Venison at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you rake it out of the Oven take away

the Paste, and lay a round Trencher with a weight on the top of it to keep it down till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your Pot be narrow at the bottom it is the better, for it must be turned upon a Plate, and stuck with Bay-leaves when you please to eat it.

To bake Brawnne.

TAKE two Buttocks and hang them up two or three dayes, then take them down and dip them into hot water and pluck off the skin, dry them very well with a cleane Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with Paste, let the Oven be well heated, and so bake them, you must give them time for the baking, according to the bigness of the Haunches, and the thickness of the Pots, they commonly allot seven hours for the baking of them ; let them stand three dayes,

dryes, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three moneths.

To roast a Pike.

TAKE a Pike, scoure off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, Wintersavory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tied on the Spit, tie the Pike on, winding Pack-thread about the Pike along, but there must be tied by the Pack-thread all along the side of the Pike which is not defended by the Spit, and the Lathes Rosemary and Bayes, baste the Pike with Butter and Claret-wine, with some Anchoves dissolved in it,

when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

To sauce Eeles.

TAKE two or three great Eeles, rub them in salt, draw out the guts, wash them very clean, cut them athwart on both sides sound deep, and cut them again crosse way, then cut them thorow in such pieces as you think fit, and put them into a Dish with a pint of Wine-vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of sweet herbs, two or three great Onions, some Mace, a few Cloves, you must let these lie in Wine-vinegar and salt, & put them into boiling Liquor, there let them boil according to Cookery, when enough, take out the Eeles, and drain them from the Liquor, when they are cold take a pint of White-wine, boil it up with Saffron to colour the Wine, then take out some of the liquor, or put it in an earthen pan, take out the Onions and all the herbs, only let the Cloves and Mace remain, you must beat the Saffron to powder, or else it will not colour.

To

To make Sausages without skins.

TAKE Leg of young Pork, two pound of Beef-suet, two handfulls of Sage, two loaves of white bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stonie mortar, the rest cut very small, be sure to cut out all Gresles and Lenents in the Pork, when you have mixed these altogether, knead them into a stiff paste with the yolks of two or three Eggs, so roll them into Sausages.

To dress a Pike.

TAKE a male Pike, rub his skin off whilst he lives with Bay-salt, having well cleared the outside, lay him in a large dish or Tray, open him so as you break not his Gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great dish or Tray, pour upon it half a pint of White wine vinegar, more or less, according to the size of the fish, then strew upon the inside of the fish White salt plentifully, Bay salt beaten very small is better, whilst

this is a doing, let a Skellet with a sufficient quantity of Rhenish wine, or good white wine, be put over the fire, with the wine Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of sweet herbs, *viz.* Sweet-marjoram Rosemary, Pill of half a Lemon, let these boil to the heighth, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the liquor, put the thickest piece first, that will aske most boyling, and the Vinegar last of all ; while the Pike boyls, take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the liquor your Pike was boyled in, dissolved Anchoves. Note that the Liquor, Sauce, the Spice and the other Ingredients must follow the proportion of the Pike ; if your Sauce be too strong of the Anchoves, add more fair water to it. Note also, that the liquor wherein this Pike was dressed, is better to boyle a second Pike therein, than it was at the first.

To dresse Eeles.

CUt two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoon-
full

full or two of water, and to them put some Herbes and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

To boyl a Pudding after the French fashion.

TAKE a Turkey that is very fat, and being pull'd and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprigge of Rosemary and Bayes, sow it very close in a cleane cloth, and let it lie all night covered with white-wine, let it be put into a pot with the same liquor and no more, let it be close stopp'd, then hang it over a very soft and gentle fire, there to continue six houres in a simpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bayes, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it corner-wise.

To make a Fricake.

TAKE three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onions and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of White-wine, so let them stew till they be enough, then take some Verjuice, and Nutmegs, and three or four yolks of Eggs, beat them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butter, scald it well over the fire, and serve it ins.

To make a Dish called Olives.

TAKE a Fillet of Veal, and the flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your knife, lay them abroad on a dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley,
Time,

Time, Winter-savory, Sorrel and Spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roll it up piece by piece, put it upon the spit, roasting it an hour and half, and if it grow dry baste it with a little sweet butter, the sauce is Verjuice or Claret-wine with the Gravy of the meat and Sugar, take a whole Onion and stew it on a Chafin-dish of coals, and when it tastes of the Onion, pour the liquor from it on the meat, setting it a while on the coals, and serve it in.

To make an Olive-Pie.

THIS you may take in a pie, putting Raisins of the Sun stoned and some Currans in every Olive, first throwing upon the meat the whites and yolks of two boiled Eggs shred very small, make your Olives round, and put them into Puff-paste, when it is half baked put in good quantity of Verjuice or Claret-wine sweetened with Sugar, putting it in again till it be thorow baked.

The

The Countesse of Rutlands Receipt of making the rare Banbury Cake, which was so much praised at her Daughters (the right Honourable the Lady Chaworths) Wedding.

Imprimis,

TAKE a peck of fine Flowre, and half an Ounce of large Mace, halfe an Ounce of Nutmegs, and half an Ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searce, two pounds of Butter, halfe a score of Eggs, put out four of the whites of them, something above a pint of good Ale-yeast, beate your Eggs very well and strain them with your Yeast, and a little warme water into your Flowre, and stirre them together, then put your Butter cold in little Lumpes: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warm Cloth, a quarter of an houre, or there-upon; then put in tenne pounds of Currans, and a little Muske and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will

will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans, as you shall think the water hath taken away the sweetnesse from them ; break you paste into little pieces, into a Kinnell, or such like thing, and lay a layer of paste broken into little pieces, and a layer of Currans, untill your Currans are all put in, mingle the paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of paste after it hath risen in a warm cloth before you put in the Currans to cover the top, and the bottom, you must roll the cover something thin, and the bottom likewise, and wet it with Rose-water, and close them at the bottom of the side, or the middle which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife an inch deep, if your Cake be of a peck of Meale, it must stand two hours in the Oven, your Oven must be as hot as for Manchester.

Another

An excellent Syllabub.

Fill your Syllabub-pot with Sider (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

To sauce a Pig.

TAke a fair large Pig and cut off his head, then slit him through the midst, then take forth his bones, then lay him in warm water one night, then Collar him up like Brawn, then boil him tender in fair water, and when he is boiled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boiling, for that will make it black, then take a quart of the same broth, and a quart of White-wine, boil them together to make some drink for it, put into
it

it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary dish in any Gentlemans house; when you serve in, serve it with green Fennel, as you do Sturgeon with Vinegar in Sauces.

To make a Virginia Trout.

TAKE pickled Herrings, cut off their heads, and lay the bodies two dayes and nights in water, then wash them well, then season them with Mace, Cinnamon, Cloves, Pepper, and a little Red Saunders, then lay them close in a pot with a little Onion strewed small upon them, and cast betwen every Layer; when you have thus done, put in a pint of Claret-wine to them, and cover them with a double paper tied on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAKE a fat Pig and scald him, and cut off his head, slit him and trusse him up like a lamb, then being slit through the middle

middle, and flawed, then parboile him a little, then draw him with Parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter; Pepper and Sugar.

To make Rice Pancakes.

TAKE a pound of Rice, and boil it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk, put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much flour to them as will make them hold frying, they must be fryed with Butter, they must be made over-night best.

Mrs. Dukes Cake.

TAKE a quarter of a peck of the finest flour, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the flour a little Ale-yeast, a quarter of a pine of Rose-water, with some Musk, and

and Ambergreece dissolved in it, season all with a penniworth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and an half, Raisins of the Sun stoned, and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rose-water to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close, but stir the Cake now and then that it may bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rose-water and Sugar finely beaten, and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out, it will shew like Ice.

*To make fine Pancakes fried without.
Butter or Lard.*

TAKE a pint of cream, six new laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace,

Mace, which you please, as much flour as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Butter thick or thin as you please, to fry them.

To pot Venison.

TAKE an haunch of Venison not hunted, and bone it, then take three ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-vinegar, then wet your Venison with Wine-vinegar, and season it, then with a Knife make holes on the lean sides of the haunch, and stuff it as you would stuff beef with Parsley, then put it into the pot with the fat side downward, then clarifie three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent presse it down to the bottom of the Pot, and let it stand till it be cold, then take the Gravy of the top of the pot and melt it, and boil it half away and more, then put it in again with the Butter on the top of the Pot.

To make a Marchpane, to Ice him, &c.

TAKE two pound of Almonds blanch-
ed, and beaten in a stone Mortar till
they begin to come to a fine paste, and
take a pound of sifted Sugar, and put in
the Mortar with the Almonds, and so
leave it till it come to a perfect paste, put-
ting in now and then a spoonful of
Rose-water to keep them from Oyling;
when you have beaten them to a perfect
paste, cover the Marchpane in a sheet, as
big as a Charger, and set an edge about it
as you do about a Tart, and a bottom of
Wafers under him; thus bake it in an O-
ven or baking-pan, when you see your
Marchpane is hard and dry, take it out
and Ice him with Rose-water and Sugar,
being made as thick as Butter for Frit-
ters; so spread it on him with a Wing-
feather, so put it into the Oven again, and
when you see it rise high, then take it out
and garnish it with some pretty conceits,
made part of the same stuff, stick long
Comfits upright in him, so serve it.

To

To make Jelly the best manner.

TAKE a Leg of Veal, and pare away the fat as clean as you can, wash it thoroughly, let it lie soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boiling water, then slit them in two and put them to your Veal, let them boil over the fire in a brass pot with two Gallons of water or more according to the proportion of your Veal, scum it very clean and often; so let it boil till it comes to three pintes or a little more, then strain it through a clean strainer into a Bason, and so let it stand till it be through cold and well Jellied, then cut it in pieces with a Knife, and pare the top and the bottom of them, put it into a Skellet, take two ounces of Cinamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonful of Wine-vinegar, or Rose-vinegar, one pound and three quarters of Sugar, a pint of Renish-wine, or White-wine, and the whites of fifteen

Eggs

Eggs well beaten ; put all these to the Jelly, then set it on the fire, and let it seeth two or three walms, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottom of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottom of the bag, hang it up before the fire over a Bason ; and pour the Jelly-bag into the Bason, provided in any case you stirre not the bag, then take Jelly in the Bason and put it into your bag again, let it run the second time, and it will be very much the clearer ; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on Bay-salt, and when it is cold and stiff you may use it at your pleasure, if you will have the Jelly of a red colour, use it as before, only instead of Renish-wine use Claret.

To make poor Knights.

Cut two penny loaves in round slices, dip them in half a pint of cream, or fair water, then lay them abroad in a dish, and beat three Eggs and grated nutmegs, & sugar, beat them with the cream, then

then melt some butter in a Frying-pan, and wet the sides of the Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rose-water, Sugar and Butter.

To make Shrewsbury Cakes.

TAKE two pound of flour dryed in the oven, and weighed after it is dryed, then put to it one pound of Butter that must be laid an hour or two in Rose-water, so done, pour the water from the Butter, and put the Butter to the flour with the yolks and whites of five Eggs, two Races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your spice, and it will be the better, knead all these together till you may roll the paste, then roll it forth with the top of a Boul, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the plates will dry them very much, after they come forth of the Oven you may cut them without the Boulds, of what bigness of what fashion you please.

To

To make beef like red Deer to be eaten cold.

TAKE a Buttock of Beef, cut it the long wayes with the grain; beat it well with a Rouling-pin, then broil it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar, pepper, salt, Cloves, mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with butter, after a fortnight it will be eaten.

To make Puffs.

TAKE a pint of Cheese Curds and drain them dry, bruisse them small with the hand, put in two handfuls of flour, a little sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh Butter, serve them up with fresh Butter and Sugar.

To make an hash of Chickens.

TAKE six chickens, quarter them, cover them almost with water, & season them with pepper and salt, & a good handful of minced Parsley, and a little White-wine, when they are boiled enough put six Eggs
only

only the yolks, put to thē a little Nutmeg and Vinegar, give them a little walm or two with the chickens, pour them altogether into a dish & serve them in, when you put on the eggs, & a good piece of butter.

To make an Almond Candle.

TAKE three pints of Ale, boil it with Cloves, Mace, and sliced bread in it, then have ready beaten a pound of blanched almonds stamped in a mortar with a little white-wine, then strain them out with a pint of white-wine, thicken your ale with it, sweeten it as you please, & be sure you skim the ale well when it boils.

To make scalding Cheese towards the later end of May.

TAKE your evening milk and put it into boulds or earthen pans, then in the morning fleet off the cream in a bould by it self, put the fleet milk into a tub with the morning milk, then put in the nights Cream, and stir it together, and heat the milk, and put in the Renner; as for ordinary new milk Cheese, it is to be made thick; when the cheese is come, gather the Curd into a Cheese-cloath, and set the Whey on the fire till it be seething hot,

put the cheese in a cloth into a Killar that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the curd with your hands as small as you can, and put an handful of Salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheese is salted every day, and turn it as long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in hay a while, or lay them close one to another; I seldom lay any in hay, I turn and rub them with a rotten cloth, especially when they are old, once a week, lest they rot.

To pickle Parslaine.

TAKE Parslaine stalks and all, boil them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley-pots, and cover them with Wine vinegar mixed with Salt, and not make the pickle so strong as for Cucumbers.



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